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CONNECTIONS

2018-2019 SPRING- Issue 13

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

UPCOMING EVENTS

Spring Break—No School

April 22—April 26
Have a great week off!

Girls' LAX Car Wash Fundraiser

Saturday, April 27 in the BHS
Parking Lot
11 AM—3 PM

*Only \$5 to get your car
washed! Come support the
girls' lacrosse team!*

Navigating the College Process Presentation

Wednesday, May 1
BHS Cafeteria

Parent Coffee

Friday, May 3
7:45—8:45 Room A322A

*Come join Mr. Green for a
lively conversation featuring
the Burlington City and Lakes
teachers AND the group
heading up the Day of
UNPLUGGED!*

Junior/Senior PROM

Saturday, May 4
Echo Aquarium
8:00 PM—11:30 PM

*Tix in the café at all
lunches this week and the
week after break.*

After Prom Party

Spare Time
11:00 PM—2:30 AM

End of Quarter 4

May 17

All School Jazz concert

May 20

Special Schedule this day

Final Exams

May 21-May 28

BHS Jazz Band in the VT Association of Jazz Education Competition

This past Tuesday our very own BHS Jazz Band went to the Vermont Association of Jazz Educators Competition at Mill River UHS. They played their hearts out and got two ratings of EXCELLENT and one rating of GOOD (Superior being the highest).

When you see these musicians, be sure to congratulate them!

Milo Bouricius, Aidan Trombly, Jonah Delaney, Kiran Bleakney-Eastman, Enzo Boone, Sabin Hart, Ethan Vincent, Damir Hajrovic, Henry Padnos, Miles Ellis Novotny, Theo Ellis Novotny, Ethan Hobbs, Tovin Gordesky-Hooper, Wyatt Harte, Sebastian Brown, Anna Halladay, Jacob Rubman.

Go Seahorses!



Administrative Corner, *Principal Noel Green*

We made it to spring break! Who would have believed that the school year would fly by so quickly? As we head into the final stretch of the school year and the weather continues to improve, we have to constantly remind ourselves, however, that school is not over yet and there is still solid learning happening!

Our faculty will continue providing many exciting opportunities for students to enrich their school experience through engaging in class projects, school-sponsored trips, and other activities. Our focus continues to be on student engagement and creating lessons and activities that provide opportunities for our students to communicate and collaborate, be creative, solve problems, and think critically.

I have scheduled our next Parent/Coffee for Friday, May 3. Please attend as we will welcome the staff from the Burlington City and Lake program. They will discuss the program, its success this year and answer questions in regards to how to get your student involved for next school year. As promised, we have created more one semester classes as part of our academic program, which allows for more flexibility in student schedules as they access these types of specialized programs.

Also at this meeting, we will discuss a school-wide opportunity planned for May 20th. BHS will host "A Day of Unplugging". This event is intended to be a 24-hour respite from technology. It highlights the value of disconnecting from digital devices to connect with ourselves, our loved ones and our communities in real time. More information about this day is forthcoming, but please attend the Parent/Coffee to learn even more. Enjoy spring break!

Let's go Seahorses!



UPCOMING EVENTS

Girls LAX fundraiser

Car WASH!!!

WHEN:

Saturday, April 27

11AM—3PM

WHERE:

BHS Parking Lot

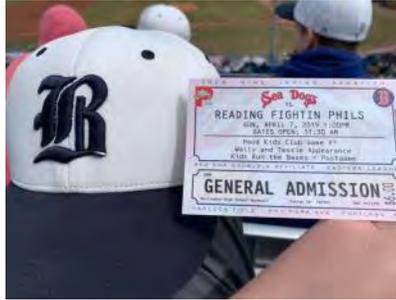
Only \$5 to get your car washed! What a deal!

Come support the girls' lacrosse team!



BHS Varsity Baseball Team to Hadlock Field in Portland, ME

On Saturday 4/6 and Sunday 4/7, the BHS varsity baseball team took their annual trip to a city with a minor league baseball affiliate. In years past, they've gone to Pawtucket (RI), Manchester (NH), and Hartford (CT), this year, they spent the weekend in Portland (ME) for some great team bonding, visiting the Portland Head Lighthouse before going to Hadlock field for the double-A minor league baseball game between the Reading Fightin' Phils and the Portland Sea Dogs. It was fun!



Prom Formal Wear Giveaway Happening Now!

BHS is hosting a Prom Formal Wear Giveaway outside the front office. Not sure what to wear to Prom?? Check the rack in the hall outside to office for some amazing options! There are even some BRAND NEW things on the rack just waiting for you!



If you have any gently worn formal clothing that you are ready to part with, bring them in as well. It may be another person's treasure!

Thank you to our supportive community members for donating to the cause with a special thank you to SRO Mike Hemond and the Burlington Police Dept for hosting a drive at the BPD as well!

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!



UPCOMING EVENTS

COMMUNITY SERVICE OPPORTUNITIES

Hey, students!

Robin's Nest Children's Center is hosting BIG TRUCK DAY! Saturday, May 4 from 10am-1pm at 20 Allen St. Come down and help staff tables (entrance, raffle, and bake sale), face-paint, and oversee games. All volunteers will be entered into a raffle for a \$10.00 gift certificate to Al's French Fries with 2 winners!! You will also get 3 Community Service Hours!

The YMCA is hosting Kids Day on Saturday, May 11 on Burlington's waterfront. Volunteers are needed from 11am - 3pm. If you are interested, then please let Ms. Dupuis know. Click the link for more info.

https://signup.com/client/invitation2/secure/2639971/false#/invitation

Alexandra Contreras-Montesano Named National Student Poet!

Article by Young Writer's Project:

Young Writers Project is proud to invite all YWP writers to join Alexandra Contreras-Montesano for an online poetry workshop starting this week! Alex, a senior at Burlington High School who has been writing with YWP since she was in fourth grade, is this year's National Student Poet for the Northeast. And as part of her work as a literary ambassador, she is offering to lead this wide-ranging workshop, which includes activist poetry, the beauty of form, and the freedom of writing honestly. Writers can jump in anytime or stay for the full seven weeks! Alex plans to collect the writing that results from the workshop for a special magazine! BHS is so Proud of you, Alexandra!



Oread Looking for Group Photos!

The yearbook is looking for group photos for this year's publication. We are looking for photos with at least two people per image and all people in the image must be in the same grade. Please send high quality image (nothing downloaded from Instagram, VSCO, or FB) -- we need the original in its largest size - to Hawa Abdi abdi@bsdvt.org - for consideration. Please identify your grade and the people in the photo. Photos from school (classes, sporting events, clubs, performances, dances, dance prep, etc.) are most desired, however we will accept and consider all photos that are school appropriate.

AP Exam Pre-registration Important Announcement

Dear parents of BHS AP Students,

The mandatory Pre-Registration meeting for AP Exams will be administered at BHS on Monday, April 29 in the auditorium at 1:00 during Advisory time. There they will receive information about the AP Exams and will be filling out the necessary forms. Students will be provided a #2 pencil and all other materials that they will need to complete the process.

We thank you all very much for reminding your AP students that they must arrive promptly by 1:00 to complete the Pre-Registration process on Monday, April 29.

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

- 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

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End of Quarter 4

May 17

All School Jazz concert

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Get Ready to UNPLUG!

Did You KNOW?!?!?

- 50% of teens feel addicted to their mobile devices; 78% check their devices at least hourly. (Common Sense Media)
71% of students sent or received text messages in class. (Pew Internet and American Life Project)
40% of children have been involved in a cyber-bullying incident. (Psychological Bulletin)



Setting screen time limits and helping teens regulate their own use is hard! See https://www.commonsensemedia.org/screen-time for ideas and resources.



On May 20, we are hoping that students, teachers, families take some time off from their devices. Join BHS in our effort to Unplug for the Day! Stay tuned for more info.



SENIORS! Get your Senior Shirts!

ATTENTION: Graduating Seniors and Families!

Interested in buying a senior long sleeve shirt or sweatshirt? Please contact Ms. Dupuis by May 1 (fdupuis@bsdvt.org).

- Shirts are \$15
Sweatshirts (hooded) are \$25

Cash or checks made out to BHS Student Planning are accepted.

Both items have the same design with different colors:

- Shirts are white with navy writing
Sweatshirts are navy with white writing

The "19" for the graduating class is on the back and made with seniors' names.

NOTE: sweatshirts run small! It is recommended that you go up one size from what you normally wear.



Summer of Science Camp Opportunities

Introducing 4-H's Summer of Science! Registration is now open for these activities. Open to youth in grades 7-12.

- GIS Camp (June 24-28, 9:30AM—3:30PM daily)
Farming, Climate Change & Water Quality (July 11, 9AM—12:00PM)
Natural Resources Management Academy (July 19-21, overnight camp) - Registration is open!
Science on lake Champlain (July 25, Full or Half Day, 9AM—12:00PM or 1:00—4:00PM)
The Science of Maple (July 31, 9:00—11:30AM)

Applications are now being accepted from students who are interested in joining the VTeen 4-H Science Pathways Café Leadership Team.



NEWS AND EVENTS



Junior/Senior PROM is coming up!!

The theme is Night in the City of Lights!

Where: Echo Center

When: Saturday, May 4

8:00—11:30 PM

- Tickets sold in all 3 lunches this week and the week after break.

- Guest forms due tomorrow, Friday, 4/19.

After Prom Party at Spare Time 11:00—2:30AM

Free Food, Bowling, Laser Tag and Prizes! Any Junior or Senior can attend!

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!

Chromo-Bug Allele Project for Biology

Ms Boa and Ms Austin's biology class did a project-based exploration of DNA, parent alleles and how offspring can have random allele results depending on which chromosomes match up during reproduction. The class also practiced their craft skills creating both parents, and offspring in a colorful display in A building lobby. No fingers were badly burned with glue guns in the making of these bugs!



Ask the kids about the fun they had doing this hands-on project!

VTSA Practice Test Announcement, JUNIORS Please Read

Dear BHS Juniors,

In the coming weeks, all Juniors will participate in the state-wide VTSA (Science) Exam. To prepare for this assessment, all Juniors will participate in a practice session for the NGSS Exam on Wednesday, May 1 during morning choice time. All Juniors must arrive by 8AM on this date. Please be sure that you bring your fully charged Chromebook to this practice session.

You will report first to the Auditorium @ 8:05 AM for an introduction to the exam. From there you will be asked to report to the classroom in which you will be taking the VTSA Exam. You will meet the teachers that will be working you with on the exam dates on May 17th. The teachers will help you to sign on to the VTSA website as well as to help answer sample questions from the practice test.

We look forward to seeing all Juniors at the VTSA Practice Session on Wednesday, May 1st @ 8:05 with your charged Chromebooks!

More information on the testing schedule will be forthcoming in a message to all parents/guardians and BHS students. Thank you!



SCHOOL NEWS AND OTHER INFORMATION

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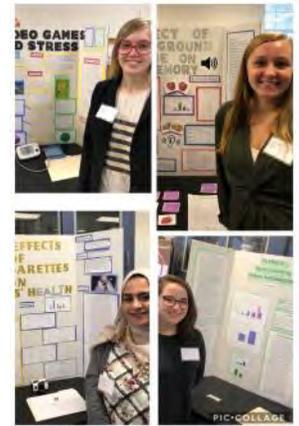
Final Exams

May 21-May 28

Check out the Awesome BTC Happenings!

Congratulations to BTC Health Sciences Academy!

Students, accompanied by instructor, Betsy McLane or participating in the VT Science, Technology and Engineering Fair on **Saturday, March 30**. BTC seniors Tasnem Aldelemi (BHS), Isa Bloch (BHS), Jane Lindsley (CVU), and Amanda Rogers (CHS) exhibited their year-long research projects at the statewide event. Isa's project, "The Effect of Physical Activity on Students' Test-Taking Ability" was awarded the Vermont Principal Associations Silver medal for being one of the top-scoring projects at the fair. Over 145 students participated in the fair this year!



On **March 28 and 29th**, the Human Services second year students were in the Boston area to attend the 2019 Massachusetts Association for Education of Young Children (AEYC) Conference. Students participated in full day workshops. Topics included integrating art, special education, the use of puppets in the classroom.

We have received 41 nominations to the BTC Chapter of the [National Technical Honor Society](#). Induction will be held on Tuesday, May 21 at 7pm. Invitations for this prestigious recognition will be sent to families soon!



April 18, Thursday

Tech @Work series continues! This program brings professionals into our center to share their experience with our students. This is a collaboration between VT Works for Women & BTC. Carolyn Crowley is a print, digital, and graphic designer. She'll speak in Design Illustration & Digital Media Lab on Thursday, April 18!



In **April**, students in Auto Body, Auto Tech and Welding visited [SD Ireland Companies](#). A representative from the company came to visit early this spring. This informative follow up visit was coordinated by BTC Work Based Learning Coordinator, Kris Breen. SD Ireland Companies have many different career pathway options available and even host an annual trip to a Red Sox/ Yankees game at Fenway for employees. Our Work Based Learning Program connects our students to the world of work and post secondary training and education that will inform their future.

After winning at the Jr Iron Chef VT 2019 competition, Burlington Technical Center's team "Slice, Dice and Spice" was invited to the Vermont State House for the reading of the related resolution and were recognized by their Representatives in the House Chamber. At this late April event, they shared their award-winning recipe with lawmakers.





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.



Looking for your Art! - Annual Chittenden County Senior Art Show



Attention Seniors!

Each year high schools in Chittenden County coordinate a Senior Art Show to display the talent and creativity of the graduation class. We are looking for submissions!

If you are interested the possibility of your work (paint, drawing, photography, sculpture, fashion, digital works) being placed in this show please contact Ms. Healy 9 (khealy@bsdvt.org) or Ms. Skoglund (cskoglund@bsdvt.org) by Wednesday, April 17th. Only one piece per student can be submitted for consideration.

We will need the piece by Monday, April 29th.

City Hall Internship Opportunity this Summer

We are spreading 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>

Do you know a Young Creator Who Wants to Make Video Games?

Rad Magpie Studio is thrilled to share our summer 2019 youth programming: game jams and jam camps! Game jams are themed game development events that challenge creators to combine their skills and make games together in a short period of time. This summer, we are hosting three week-long jam camps and five weekend jams as our pilot program, bringing unique young voices to Burlington's blossoming game development scene.

Our jams and jam camps are for youth 14-18 years of age who are from diverse demographics, primarily young women, LGBTQ+ and youth of color.

Youth who come to Rad Magpie camps and jams will have a unique opportunity to jump in and make video games, guided by counselors skilled in their disciplines -- who can teach them everything they need to know about game development as they go! **Jammers create their own teams, choose their roles, and work together to make a radical game of their own conception.** This program is developed and run by game industry professionals with tons of experience in the field making great games. Sign up now!

Information is here:

<https://radmagpie.org/campsnjams>

Signups are here!

<https://radmagpie.org/radiams2019>

Contact Kel Bachus with any questions.

kel@redmagpie.org

Flyers are Included at End of This Newsletter!

BHS Junior-Senior PROM

~Night in the City of Lights~

Echo Center, Saturday, May 4th, 8:00-11:30

After-Prom Party at Sparetime: 11:00-2:30

Free: Food, Bowling, Laser Tag, PRIZES

Chipotle and Ben and Jerry's

(You do not need to attend the prom to come to the After Prom Party)

- **Ticket sales will be all three lunches in the cafeteria
April 15th-19th and April 29th to Thursday, May 2nd**
- **Tickets cannot be sold at the door**
- **Guest forms are due Friday, April 19th**

Both of these events are substance free and will have adult supervision at all times



IT'S VALID...



BHS *AFTER PROM*

After the BHS Prom at ECHO May 4th, **11:30pm-2:30am**
All BHS students and prom dates welcome!



COLCHESTER

FREE





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 SCHOOL COUNSELING DEPARTMENT NEWSLETTER

Term: SOPHOMORE Spring | Issue 2 | Date: April 9, 2019

IN THIS ISSUE

- School Counseling Message
- Homework Support
- Key Dates
- Multiple Pathways/
New Challenges
- Expanded Learning/Clubs
- Local Resource
- Stress Management
- **Helpful Links:**
 - Student Handbook
 - School Calendar

CONTACT YOUR COUNSELOR:

Tony Settel - EL Students:
tsettel@bsdvt.org

Lise Bruder - 9th Grade:
lbruder@bsdvt.org

Amy Mcardle - 10-11th Graders Last
Name Alphabet A-Be, J-Mc:
amcardle@bsdvt.org

Lindsey Addams: 10-12 Graders Last
Name Alphabet: Md-Z:
laddams@bsdvt.org

Karen Prouty: 10-12 Graders Last Name
Alphabet: Bf-I: kprouty@bsdvt.org

Tim Wile: 12th Graders Last Name
Alphabet: A-Be, J-Mc : twile@bsdvt.org

BHS COUNSELING

What's Next?

It's hard to believe that the school year is almost up! Soon, you will be heading into your Junior year--only two years of high school to go! Have you taken advantage of all the opportunities Burlington High School has to offer? If not, now is the time to think about your academic and co-curricular goals for your Junior year.

Come join the school counseling staff on **April 17 @ 7:00 pm in the BHS Cafeteria** to learn more about opportunities and setting goals for the upcoming year.

HOMework HELP

Call Back

Teachers at BHS have call back hours from 3:05 to 3:45 pm 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 afterschool homework club. This club meets in the library every day except Friday until 5:15.

Multicultural Help Desk

Need some academic support? Volunteers from Spectrum can help. Spectrum tutors available in the Library from 12-3 daily.

KEY DATES

Community Health & Wellness Fair
April 16, 5 - 8 pm

Sophomore Information Night
April 17 @ 7 pm

Spring Break
April 22 - 26

**Navigating the Selective College
Admissions Process**
May 1 @ 7 pm

Final Exams
May 21 - 24

YES Classes Begin
May 29

FUTURE LOOK

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

The end of Sophomore year and the transition to your Junior year is a big transition time. It is a time of increased responsibility, more 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

INTERESTED IN A COLLEGE COURSE ?

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 and Careers" 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.

INTRODUCTION TO COLLEGE & CAREERS (ICC)

As a Vermont high school sophomore, junior or senior, you can take a free course that helps you get ready for college.

Offered at all 12 CCV statewide locations, and some high schools, ICC helps high school sophomores, juniors and seniors:

- **Set goals and problem-solve**
- **Manage time and stress**
- **Improve communication skills**
- **Take better notes and reduce test anxiety**
- **Plan finances for college**
- **Explore career options**

Another cool thing about ICC is that it's a risk-free pass/fail class, and many high schools award high school credit to students who successfully complete the course. ICC also gives you study skills that you can use right away in your high school classes.

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.

OPPORTUNITY

Don't Be Afraid to Try Something New

Now that you are a sophomore you have made the adjustment to high school and have settled in. Keep trying new things! Join a club, try an instrument or challenge yourself with a class outside your comfort zone. Volunteer. Take interest inventories. Try an internship. Come see your school counselor if you would like to discuss more self-exploration ideas.



EXPANDED LEARNING

Burlington HS Expanded Learning provides a space for BHS students to explore interests, connect with each other and build skills.

Free academic support and enrichment opportunities before and after school are offered to all BHS students.

Participation can provide community service hours as well as Graduation Expectations evidence to be used in students' PLPs.

Programs begin and end on a rolling basis.

If you have any questions/suggestions please contact BHS Site Director, Sheryl Haiduck at shaiduck@bsdvt.org

Homework Center:
Monday - Thursday 3-5pm in the Library.

EL Theater Club:
Tuesdays 3:30-4:30 in B212.

Rowing (Fall and Spring):
Monday and Wednesdays 3:05 in front of BHS.

Unified Bocce/Bowling:
Wednesdays 3:30.

Unified Basketball (Winter):
Tuesdays and Thursdays.

GSA Club:
Fridays at 3:30-4:30.
Alternating between Rock Point and BHS.
BHS location C 204.

Above the Influence (ATI):
Wednesdays 7:45- 8:45 am in B 206.

DECA (Business and Entrepreneurial club): Wednesdays at 5:00 in Champlain Cafe.

Quidditch:
Thursdays 3:30-5:00 SEASONAL.

Dance Team:
Wednesdays 3:30-5:00.

HERO: Health Education Resource Opportunity:
Monthly meetings throughout the year.

Detour:
Tuesdays 3:05 in room C212.

International Club:
Wednesdays 3:10 in the Library.

Student Justice Union (SJU):
Tuesdays 3:30 in room F-311

Maker Mondays:
3:15-4:15 in Library Computer Lab.Walters

Girls Who Code: TBD.

Making Spoken Word Speak: TBD.

Meditation Lab:
Thursdays from 3:10-3:30 Location TBD
(starting Thursday, 12/6)

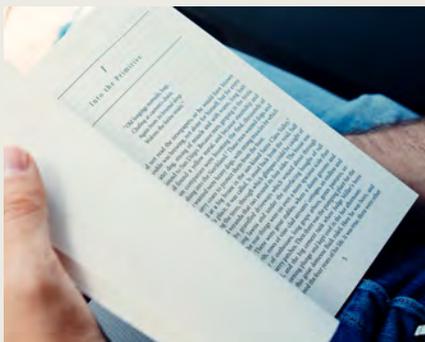
ADDITIONAL CLUBS/EXTRACURRICULARS

Drama
Interact Club
Math League
Model UN
Music
National Honor Society
Fitness Center
Poetry Outloud

Scholars Bowl
Snowboard Club
Student Council
Student Planning Committee
Refugee Outreach
Neuroscience
Debate Team

LOCAL 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 final exams coupled with busy schedules. 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.

HELPFUL LINKS

Please note, you can find useful info in the BHS Student Handbook and School Calendar, both of which can be found on the BHS Website:

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

Link to Handbook:
<http://bhs.bsdt.org/resources/student-handbook/>

Link to School Calendar:
<http://bhs.bsdt.org/calendar/>

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!

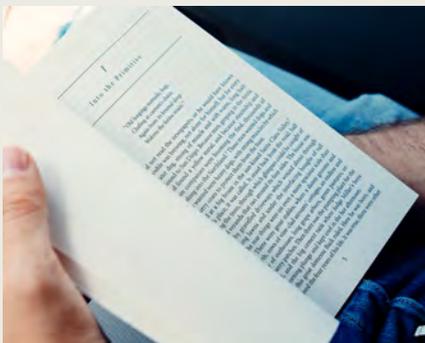
VISITING COLLEGES

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...

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BURLINGTON HIGH SCHOOL SCHOOL COUNSELING DEPARTMENT NEWSLETTER

Term: SENIOR Spring | Issue 2 | Date: April 8, 2019

IN THIS ISSUE

- GRADES AND ACADEMIC SUPPORT
- KEY DATES
- LOCAL RESOURCES
- CHANGES
- ARE YOU COLLEGE BOUND?
- SENIORITIS
- SCHOLARSHIPS
- GAP YEAR

CLASS OF 2019

Welcome to the first of our SPRING 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

Hello Burlington High School Seniors,

Only a couple of months till you become a high school graduate! Do you have a plan? Perhaps you have decided to attend college, be employed, join the military, or take a gap year. Perhaps you are not sure. There is still time to meet with your school counselor to work on a plan. There are colleges still accepting applications, military and career options are still possible, and more! Make an appointment to meet with your counselor to explore your options.



KEEP YOUR GRADES UP WITH ACADEMIC SUPPORT

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 afterschool homework club. This club meets in the library every day except Friday until 5:15.

Multicultural Help Desk

Need some academic support? Volunteers from Spectrum can help. See your counselor for more details.

KEY DATES

Community Health
and Wellness Fair at
BHS April 16th at 5-8.

BHS Scholarship
deadline April 15,

April break

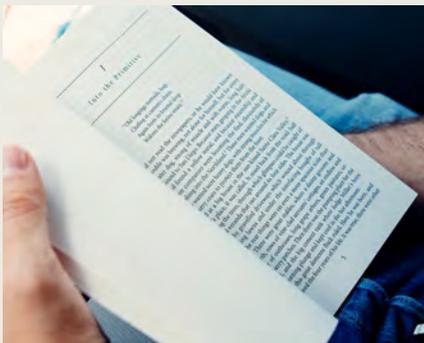
April 22-26

Graduation
rehearsal, June 13th
at 10:00

Graduation, June
14th at 10:00

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CHANGES ARE COMING.....



The end of your senior year, often means significant changes to your life. Regardless of your next step, many people find themselves moving to new locations, exploring new options, and embracing increased independence. Have you given some thought to how best to make these transitions? Are there things you still want to accomplish, people you want to thank, goals you want to clarify and plan for? Take some time to think about what matters most to you in this transition.

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

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PERHAPS YOU HAVE DECIDED TO ATTEND COLLEGE.....



Soon, you will have heard about your college admission decision from most of your colleges. Now comes the difficult decision of deciding where to spend your college years. Perhaps you should go visit the colleges one more time to be sure which one you would like to attend. You may be able to take advantage of " Accepted Students Days" to help you make your decision. Have you really thought about how far the college is from your home? Have you explored your housing options? What about the food plan? What about size-is it a good fit for you? Making sure the college you choose is a good match for you will make the difference in a successful transition to college.

Have you had a discussion with your family or parent/guardian about the cost of the institution you would like to attend? Will money be a factor in your decision? It is important to clearly understand the full cost of a college education. All colleges and universities are now required to prominently display the full estimated cost of a year of education including tuition, fees, room and board, books and supplies and miscellaneous expenses. Financial aid award letters should include any grants and scholarships being offered, which should let you know any outstanding money you will owe.

Vermont Student Assistance Corporation (VSAC) is a valuable resource should you need assistance in understanding your financial aid offer. (www.vsac.org)

DON'T LET SENIORITIS SET IN.....

The end of your senior year is not the time to slack off academically. To graduate, you must complete all your required courses and necessary credits. If you don't, graduation could be in jeopardy. Colleges, as well, assume you will maintain the same academic performance as when admitted-if not, they have the right to rescind their offer of admission. As hard as it may be, continue to attend classes and do your best for the remainder of the year. Graduation is in sight.....

PERHAPS YOU HAVE DECIDED COLLEGE IS NOT RIGHT FOR YOU AT THIS TIME....

Take time to meet with your counselor, if you do not have a plan after graduation. They can help you discover the other options available.

SCHOLARSHIPS:

Have you started exploring the many scholarships that are available to you? If not, it's not too late! There is a lot of free money available to those students who take the time to research and apply for scholarships. Local and national organizations, VSAC, employers, and colleges offer a range of scholarship options to those who qualify. Check out the listings on the BHS website under "Guidance Scholarship Opportunities." Also, check out Naviance. The more scholarships you apply for, the more likely you are to attain one. Money that you receive from scholarships is money that you (or your parents) don't have to pay out of pocket! Two BIG scholarships are the Barbara Guantlet and BHS General scholarships. **The deadline for both of these is April 15th.**



Gap Year: what it is and pros/cons

A gap year is a period of time between completing high school and beginning college, work, or joining the military. It is when a student steps outside the traditional classroom experience to explore the world, to reflect on personal values and goals, and to prepare to take the next step in life.

For more information on gap year programs, see your school counselor and visit www.uagapyearfairs.org.



Pros:

1. You'll get career experience before you commit to an education path.
2. You won't have to interrupt your path to take a break.
3. You can try something totally new.
4. Your new skills can be put to use in college.
5. You will have time to prepare financially for college.
6. Your age and inexperience can be a huge asset.
7. You can avoid committing to college before you're ready.
8. College retention and 4 year graduation rates are higher for students who have completed a Gap Year.
9. Deferring start dates for a college you want to attend is usually very easy.

Cons:

1. Some people may not understand your choice.
2. Some programs can add costs to your educational path.
3. If you aren't goal-oriented, you can easily get disorganized.
4. Research and planning take a lot of work!
5. You might not be ready to make the most of the experience yet.

Is a Gap Year right for you? Learn more at:

<https://www.goabroad.com/articles/gap-year> AND please join us at **BHS Gap Year Fair** January 17, 2109 - 6pm

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

May 1st, 7-8 PM, Burlington High School Cafeteria

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.

BURLINGTON GIRLS LACROSSE

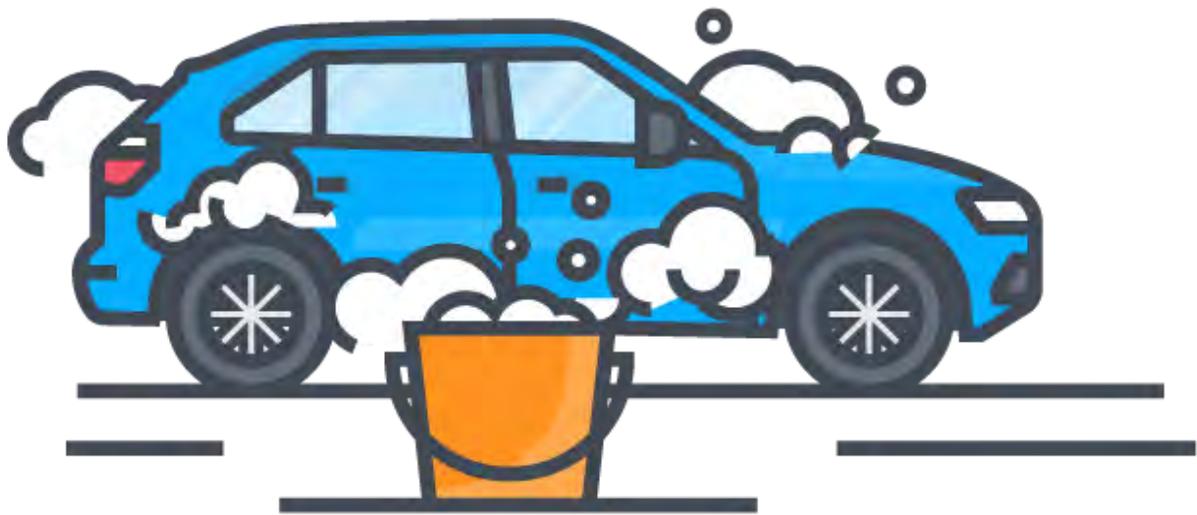
CAR WASH

Where? BHS LOT

When? April 27th

11AM-3PM

How Much? \$5



SEE YOU THEN!

Rad Magpie Studio Game Jams



Do you know a young creator who wants to make video games?

Rad Magpie is thrilled to share our upcoming youth programming: **video game jams and jam camps!** Game jams are themed game development events that challenge creators to combine their skills and make games together in a short period of time. This summer, we are hosting three week-long jam camps and five weekend jams as our pilot program, bringing unique young voices to Burlington's blossoming game development scene.

Our jams and jam camps are for youth 14-18 years of age who are from diverse demographics, primarily young women, LGBTQ+ and youth of color. As an organization dedicated to creating a more diverse game development industry, we are committed to providing a space exclusively for those who are not widely represented in mainstream game development.

Youth who come to Rad Magpie camps and jams will have a unique opportunity to jump in and make video games, guided by counselors who can teach them everything they need to know about game development as they go! **Jammers create their own teams, choose their roles, and work together to make a radical game of their own conception.**

Rather than teaching a static curriculum of game development, we provide access to development tools, theory and knowledge. Our studio facilitators -- themselves young, diverse developers working in the industry -- will use a "sandbox" approach to creation: Youth will be encouraged to experiment, prototype, develop skills in the areas that interest them. It's important for youth to have a space where they can create the things they want to create, express their unique visions, and find power in their own voices. Jammers are encouraged to try their hand at any number of game development disciplines that interest them, including **art, design, systems, narrative, programming, and more!**

2019 Weekend Jams

May 17-19; June 7-9; June 14-16; August 2-4; September 6-8

- Our Rad Jams are game-creation only, and run over the course of a weekend. Jammers arrive at Champlain College's Lakeside Campus on Friday evening, get to know each other and brainstorm, then return Saturday morning and make games all day.
- Sunday they'll return to the jam to hone in on their favorite projects and work together to complete them. Friends and family can join jammers Sunday night for a game demo and playtest where they can show off their games!
- These events are two days and two evenings only, with campers returning home each night.

2019 Jam Camps

June 24-28; July 8-12; July 22-26

- Rad Jam Camps are five days long, with game creation in the morning and an opportunity to shift modes and locations in the afternoon to spend the rest of the day on the lake, in partnership with our friends at WND&WVS and the Burlington Surf Club!
- After a busy morning of game dev, jammers will take a short stroll towards the lake from the Champlain College Lakeside Campus to the BSC, where they will enjoy an outdoor brown bag lunch before hitting the water. The expert staff at the BSC will lead them through an afternoon of lake exploration on a wealth of fun toys.
- Rad Jam Camps combine high tech with high energy in a fun-filled day camp environment.

Jams and camps cost \$450 per participant, with scholarships available. Afternoons with the Surf Club during Jam Camps are an additional \$150 per participant for the week, which includes equipment costs.

Information is here:

<https://radmagpie.org/campsnjams>

Signups are here!

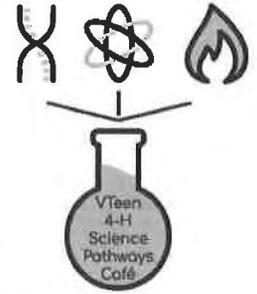
<https://radmagpie.org/radjams2019>

Contact:

Kel Bachus, Executive Director: kel@radmagpie.org



VTeen 4-H Science Pathways Café



Summer of Science—Summer of Fun!

Open to all youth in grades 7-12; **most programs are FREE but registration will be required.**

Registration is now available at <https://vteen4hsummerofscience.eventbrite.com> by June 1; space is limited.

"Like" us @www.facebook.com/VTeen4HScienceCafe

Exciting Summer of Science Opportunities

GIS Camp (June 24-28, 9:30—3:30 daily); 15 youth

Have you ever used Google Maps to get directions to an unfamiliar place? Or have you ever looked at the weather radar to see if it might rain later? If so, you already know the power of GIS! Geographic Information Systems, or GIS, helps us to explore the fundamental principle of geography: location is important to our everyday lives. With GIS, we can combine the powers of geography and mapping to comprehend, visualize, and interpret data to study the world around us. These data help us to discover patterns, allowing us to better understand our world and make smarter decisions for our communities and our planet. At this week-long day camp at UVM you will explore spatial analysis and map-making in ArcGIS software. You will learn how to use the software and apply your learning to real-world decision-making. We will also have a career panel discussion so you can learn all of the different ways GIS is used by professionals.

**Basic Computer Skills required; participants will be asked to complete a short tutorial before camp begins.*

Farming, Climate Change & Water Quality (July 11, 9am—12 noon); 20 youth

Wetter springs, longer summer dry spells and droughts, warmer winters and a longer growing season - climate change in the Northeast means that agriculture has been, and will be, facing multiple changes and challenges. Resilient systems will be critical to maintaining economic and environmental sustainability in the face of increased precipitation, more extreme storms and warming temperatures. The UVM Extension Farming and Climate Change Program exists to investigate the practices that lead to these benefits and how they can be integrated into Northeastern agriculture. Join Professor Joshua Faulkner at the UVM Miller Research Farm to explore his research and conduct your own experiments (e.g., soil and vegetation sampling of runoff treatment cells, water quality analysis, ground water sampling and more). Participants will learn how nutrients and water move through an agricultural environment, how ecological processes can be used to treat contaminated water around a farm, and the proper methods for taking soil, water and vegetation samples.

- MORE ON THE OTHER SIDE -

Questions?

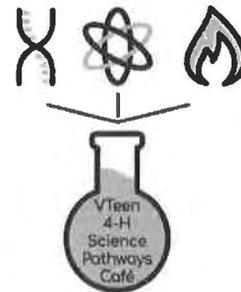
Lauren Traister,
4-H Teen & Leadership Program Coordinator
lauren.traister@uvm.edu
802-888-4972 x 402



www.uvm.edu/extension/youth



VTeen 4-H Science Pathways Café



Summer of Science—Summer of Fun! (continued)

Natural Resources Management Academy (July 19-21; overnight camp); 30 youth

In collaboration with Vermont Fish and Wildlife, this is a program for teens in grades 7-10 who are passionate about the environment and ready to explore Vermont's natural resources in-depth. Experts from around Vermont lead workshops and skill-building activities. This program has a registration fee and takes place at the Green Mountain Conservation Camp in Woodbury, VT.

**Learn more and register for this program at www.uvm.edu/extension/youth/announcements*

Science on Lake Champlain (July 25, full day or half day 9 am—12 noon or 1:00 pm—4 pm); 21-30 youth

Learn about watershed science while out on Lake Champlain with staff from the Watershed Alliance. The morning will be spent out on the UVM Research Vessel *Melosira* learning about and conducting various tests and data collection. After returning to shore participants will go to the Fish Dissection Lab for more hands-on activities. In the afternoon session participants will paddle with staff from the Community Sailing Center and learn about citizen science efforts that help the lake ecosystem. You might even learn a thing or two about underwater archeology and geology!

The Science of Maple (July 31, 9:00-11:30 am); 20 youth

Maple syrup production integrates many different scientific disciplines (food chemistry, engineering and microbiology). By law pure maple syrup must meet strict standards in four critical areas: color, clarity, flavor and density. Maple producers must be able to accurately measure these elements and correctly place each batch of syrup into one of four grades: Golden/Delicate, Amber Rich, Dark/Robust and Very Dark/Strong. From hydrometers or refractometers to measure syrup density to color comparators or spectrophotometers to analyze syrup color, maple producers use a variety of measurement tools in the process of grading maple syrup. Participants will be given a chance learn about the various tools and methods used in grading syrup as well as a practical opportunity to try grading syrup. This café will take place at the Proctor Maple Research Center in Underhill, VT; additional activities may include learning how to measure tree diameters, tree identification using leaves and bark and more.

To request a disability-related accommodation to participate in any of these program, please contact the 4-H Office at 802-888-4972 or lauren.traister@uvm.edu by June 1, 2019 so we may assist you.

Questions?

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www.uvm.edu/extension/youth



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The Following Institutes Are Open to Late Applicants:
Roughly 10-day long programs
Architecture, Design & Building
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Current Issues & Youth Activism
Entrepreneurship
Environmental Science & Technology
Technology, Design & Coding
Mathematical Sciences (Female Applicants* Only)

*Eligible students are those who identify as female or transgender/non-binary and have parental permission to share a room with a female roommate.

Young Writers (Male Applicants* Only)

*Eligible students are those who identify as male or transgender/non-binary and have parental permission to share a room with a male roommate.

Astronomy (Waitlist Only)
Engineering (Waitlist Only)

Apply here: <https://giv.fluidreview.com/>

CCV:

May 10th application deadline – ccv.edu

UVM Summer Academy

July 7 – August 2

2 weeks on campus, 2 weeks online

Late May application deadline

Programs:

- Adventures in Neuroscience
- Biomedical Science and Human Disease
- Drones for Environmental Mapping
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