

NOVEMBER 26TH, 2020

THE REEF

Burlington High School's E-Newsletter



WE ARE MOST THANKFUL FOR YOU THIS HOLIDAY SEASON, SEAHORSE
NATION!!

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Athletics Calendar



BHS SEAHORSE ATHLETICS



A Message from Quaron Pinckney, District Coordinator - BSD Athletics

Hello Everyone, We hope this message finds you well!



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I'm sure you have all seen the news stemming from the Governor's press conference on Tuesday, November 24. As anticipated, the Governor's Sports Restart Committee has made the decision to postpone the start of winter sports in order to align VPA and school-sanctioned sports with recreational sports. As mentioned in the press conference, the committee will take a week-by-week, data-driven approach to dictating when sports will resume. This means that we could hear next week that sports can resume on Monday, December 7, or we could continue to be delayed until the following week, and possibly beyond. An official date has not been set as a result of this approach. We likely won't see any action until we are a couple weeks past the Thanksgiving break, but I wouldn't rule anything out. Our Athletic Department will continue to plan and be ready for any day, and we ask that you all do the same by ensuring that your child(ren) are registered for their sport and they have a physical on file that is within a two-year window. Remember, anyone who has had a physical within that two-year window will receive an extension for this academic year only as a result of the ongoing pandemic and the difficulty of getting in for routine appointments.

I know the simple and immediate question that is floating out there is "Now What?" What does this mean for our students and their physical, mental, and social health? Is this a sign of things to come -- a repeat of this past spring? Our children need to remain active, and our district leaders understand that crucial fact and are completely supportive of any athletic and extracurricular opportunities we can safely provide. Our goal is to offer as much as we possibly can in compliance with state guidelines. Just as our leaders have done everything in their power to get our BHS students back to in-person instruction, we will all do the same to keep activity going!

The VPA has very strict criteria for what is permissible, while also understanding that we want to provide some guidance to our coaches, families, and students while still promoting safe, healthy activity. We have outlined all the permissible criteria and expectations for our coaches to keep students engaged and as active as we can, while keeping safety at the forefront. Under the current criteria and guidelines, students are still able and encouraged to workout outdoors or virtually with their respective teams. Of course with any outdoor activity, everyone must adhere to the guidelines of masks and physical distancing. We will all be creative in how we structure these opportunities, and coaches and coordinators are expected to connect with students frequently, as we know the pivotal role a coach can play in a student's life.

BSD is still conducting testing and remediation in various places on the BHS campus. We are still uncertain of the status for weight room usage at this time, but we are hopeful this is a space we will be able to utilize safely at a reduced capacity. If we are given the green light to utilize the weight room, we will offer expanded opportunities for students to remain active. More to come on that.

While we are not allowed to gather together in the traditional sense, we still have an obligation to our students. As aforementioned, we will be creative and innovative in our interactions with students to help keep them on track for success. Our Athletic Trainer, Sarah Giddens-Vanderzanden, will also be available to assist anyone with registrations, physical paperwork, and offering expertise in creating workout plans and treatment plans for any new and lingering injuries. She is a valuable resource and can be reached at sarahgiddensvanderzanden@gmail.com.

We know the news of a delay in Winter sports is highly disappointing, but we have an opportunity to make the best of the situation and still be available to our students; we intend to seize the opportunity and provide the best possible athletic opportunities we can offer. Let's not get caught up in the hypotheticals and the what ifs. Let's control the things that we can control, such as having a safe holiday and adhering to the Governor's guidelines. If you have a child who is struggling, please encourage him or her to reach out to a coach, athletic trainer, or athletic coordinator. If you as a parent are feeling overwhelmed or have questions about next steps, please do not hesitate to reach out either. We are available to you and your family. As more information surfaces, we will be sure to communicate with all of you. In the meantime, please continue to check the Athletics website and our COVID-19 Athletics Handbook for updated information and guidance. Lastly, we wish you all a happy, safe, and restful Thanksgiving. We look forward to welcoming our students back after break!

SEAHORSE NATION



ONLINE APPAREL STORE

Looking to show your Seahorse Pride while you're learning at home? Unsure where to go to get the latest BHS Swag? Check out our online store!

All orders ship within **7-10 business days** of ordering, and arrive right to your door!

Click the flyer above to access the store, or follow the link [here](https://ptsteam.com/burlingtonvt247). LETS GO, SEAHORSES!!

Reminder:

Our schedule changes starting next week!

Monday: Virtual Learning

Tuesday: **Asynchronous Learning**

Wednesday: **In-Person Instruction - EMS**

Thursday: Virtual Learning

Friday: Virtual Learning

Please reach out to:

Ms. Merrill (emerrill@bsdvt.org) -
counseling/class schedule questions

Ms. Roach (mroach@bsdvt.org) - attendance
questions/needs

Ms. Hoyt (bhoyt@bsdvt.org) - all other
questions

Have a restful, safe, and relaxing break!

BHS Faculty and Staff