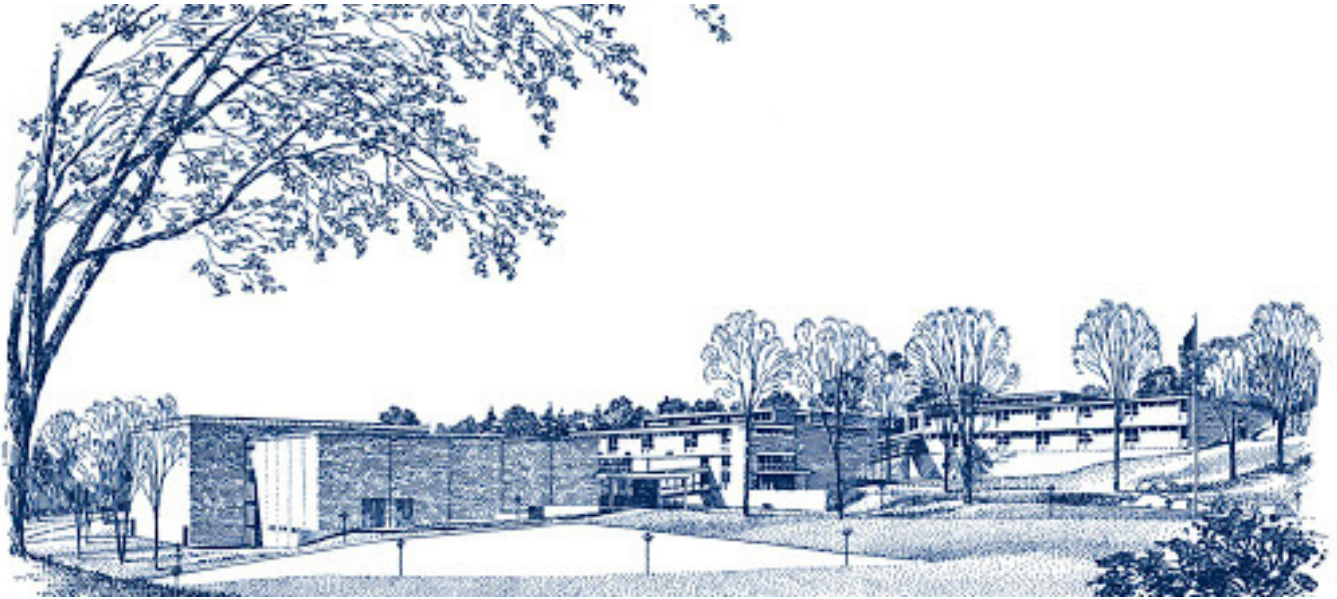


OCTOBER 1ST, 2020

# THE REEF

Burlington High School's E-Newsletter



## Welcome Back!

**"Notice that the stiffest tree is  
the most easily cracked, while  
bamboo or willow survives by  
bending in the wind."**

BRUCE LEE

Hello Seahorse Nation, and welcome back to THE REEF. We are so excited to "see" you, although we know this year hasn't started exactly as planned. Nevertheless, it's been wonderful to have you back in the rhythm of the BHS tides.

While we will miss physically seeing you in person, we are excited to continue learning and growing with you all for another year! Much like the quote above from the late martial arts expert and actor, Bruce Lee, this year is proving to be an exercise in flexibility and adaptability. May we all continue to weather these gale force winds together with the spirit and resiliency of a mighty willow tree!

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## ***PRINCIPAL'S CORNER***

*Principal Noel Green*

Hello BHS families, students, staff, and faculty. For those of you who do not know me, my name is Noel Green, and I have had the honor of being Principal at BHS for the past two years.

I am excited to be sending out the first edition of our E-Newsletter for the 2020/2021 school year. We will be utilizing this newsletter weekly to keep in constant contact with our BHS community, especially as we learn together from afar. Please be sure you scan through weekly for important updates, helpful information, resources, and ways to stay connected to your BHS community.

I value a strong partnership between home and school, and pledge constant communication. I want to take this time to verbalize my continued commitment to making sure Seahorse Nation stays informed and in the know whenever there is

new information to be had.

In addition to this newsletter, please make sure you take a moment to follow our Facebook page and Instagram, both of which are linked below. You can also visit our webpage, [bhs.bsdrv.org](http://bhs.bsdrv.org), to access information about athletics, school counseling, food service, extracurricular activities, or any other information you may want or need about BHS.

Until next week, this is Mr. Green signing off. Be safe, work hard, stay kind, and keep swimming.

Let's Go, Seahorses!

### ***Follow Us!***



BHS Facebook



BHS Instagram



BHS Website  
Home

# ***BSD SCHOOL BOARD SUMMARY***



## ***BHS BUILDING UPDATE***

*by Rebecca Cunningham, BSD Student Representative*

### How Did We Arrive Here?

Testing commenced in June 2019 as the first step in the BHS/BTC ReEnvisioning project to ensure safe conditions for all building occupants before, during, and after renovation. Initial tests indicated PCBs in F building. After receiving these results, Peterson Construction ordered further testing to investigate the scope of the problem. As more information materialized, the school board decided they needed expert consultation. They hired Fuss and O'Neil in April 2020 to conduct extensive testing, however, due to the COVID-19 pandemic, work did not begin until September 1, 2020. When results returned, Superintendent Flannagan announced school closure.

**Next Steps:** Over the next 3 months, Fuss and O'Neil will be conducting additional tests, to determine where the PCBs are coming from and formulate remediation strategies. Their findings will lead to further consultation and decision.

School Board commissioners are working aggressively to find and renovate an alternative space where students can learn again in person. If an alternate building is found, the school board will discuss further plans concerning duration of stay with regards to the BHS/BTC ReEnvisioning project.

Right now, BCL, OnTop, ISN, some BTC programs, and some EL classes, have found spaces in the community to connect with students in person. Additionally, some traditional BHS classes have met outside on the high school campus.

### **Health Update Given By State Toxicologist, Sarah Vose, and VT Commissioner of Health, Mark Levine:**

In buildings A through E, PCB levels ranged from 1.1 ng/m<sup>3</sup> to 300 ng/m<sup>3</sup>. In F building, PCB levels ranged from 160 ng/m<sup>3</sup> to 6300 ng/m<sup>3</sup>.

The Environmental Protection Agency (EPA) recommends that airborne PCB exposure in a building does not exceed 600 ng/m<sup>3</sup> for high school students. The Vermont Department of Health (DOH) has set their recommendation at 15 ng/m<sup>3</sup>. To determine this number the DOH used a "reasonable highest risk" factor and a one in one million risk factor for their calculations. This means that at 15 ng/m<sup>3</sup> there is a one in one million risk that someone who has worked at BHS for 30 years, 11 hours a day will develop health issues caused by PCB exposure.

### **PCB health risks:**

Cancer: breast, liver, melanoma

Noncancer: Immune, reproductive, nervous, endocrine.

# *SEAHORSE SPOTLIGHT*

## New Faculty and Staff - Part I



**Quaron "Q" Pinckney,  
District Coordinator of  
Athletics**

Mr. Pinckney comes to Burlington High School from Woodstock, Vermont, where he held the position of Athletic Director for both the Middle School and High School. Mr. Pinckney is the District Athletic Coordinator, meaning he oversees all athletic activities in the district. Mr. Pinckney is excited to trade in his Woodstock Wasp stripes for the BHS Blue and White - go, Seahorses! And welcome, Mr. Pinckney!



**Chelsea Day, SAP Counselor**

Ms. Day is BHS's new SAP counselor. She helps students navigate through their time at BHS in relation to substance abuse, life skills, and healthy habits. Ms. Day works with students individually and in group settings. When she's not performing her SAP duties, Ms. Day enjoys being active and taking advantage of the outdoor beauty of her home state of Vermont with her 11 month old puppy, Knox. Welcome, Ms. Day!



**Natalie Burgess, English**

Ms. Burgess is a traveler, always seeking to learn from the world around her. In and out of the classroom, she prioritizes introspection and personal reflection to aid in growth in every area. Her passion is living life- the mundane and the exciting equally. Her job as an educator is to facilitate opportunities for students to be exposed to multiple perspectives in order to grow in who they are and help find their purpose. Welcome, Ms. Burgess!

## *NEXT WEEK'S SEAHORSE SPOTLIGHT:*

## New Faculty and Staff - Part II

Brooke Hoyt, Office Manager | Alex Macomber, English | Laura Sercel, History





*Remembering*

**JESSE  
COPE**

1964-2020

If you would like to watch Mr. Cope's memorial service, you can find the recorded stream at [RETN.org](https://www.retn.org)



## *Extra Curriculars*

ENRICH YOUR EXPERIENCE

Click [here](#) to see the Expanded Learning Schedule for Fall 2020

The Homework Center has a new home and new hours! The Homework Center is up and running at the Old North End Community Center in room 218! We are open Tuesday, Wednesday and Thursday from 3:30 - 5:00. Come and get one on one in person support or just stop by to take advantage of a quiet space to get your work done.

Fall Rowing is going strong! The BHS Rowing team has been working hard twice a week and will have their first competition of the season on Saturday, October 3rd! Unified Fitness- including Coach Leonard, Riley Mills, Cosmo Duncan, Katie Comerford-Joyce, Pascale Ngoma- led a 30-minute workout via zoom as part Special Olympic Vermont's Fall Fest. We encouraged each other and the participants from across the state, and had fun! Go Seahorses!

The HERO (Health Education Resource Opportunity) program is launching this fall and is eager to serve students interested in careers in medicine and health care! If you have considered careers in these areas, enjoy learning about science and technology, human body systems and diseases and current issues in health care, then the HERO program is for you! There will be an online Information Session on Monday, October 12. Email me, [shaiduck@bsdvt.org](mailto:shaiduck@bsdvt.org) or Carlinne DeLima at [cdelima@nvtahec.org](mailto:cdelima@nvtahec.org) for more information.

Curious to learn more about the stock market? Join the BHS investment Club and represent BHS in the Phillips Andover Stock Market competition, as well as in the Wharton School of Business Global High School Investment Competition. Invest \$1,00,000 and compete to see who can earn the most profit. The first BHS Investment Club will begin virtual meetings on Wednesday, October 7. Email: Mr. McDonnell @ [BHSInvests@gmail.com](mailto:BHSInvests@gmail.com) for more information.

I can be reached at [shaiduck@bsdvt.org](mailto:shaiduck@bsdvt.org) or come visit during Homework Center hours at the ONE Community Center!

# ATHLETICS

Click [here](#) for the full BHS Athletics Calendar



## *SHOWTIME*

A Message from Quaron "Q" Pinckney,  
District Coordinator of Athletics

It's been six months since we've been able to write a start of season message to the community, and I am excited to do so for the athletes of Seahorse Nation. As you know, I am the new District Coordinator of Athletics for BSD, and in my short time with this district I have witnessed first hand what it means to be a part of Seahorse Nation.

From navigating those first few days of socially distanced practice, to playing our sport with face masks, to getting the green light for Stage 3 and interscholastic gameplay starting last weekend, this Fall Athletics season has been and will continue to be unlike any other. There is one thing we know to be true about athletes; we are adaptable. We are creative. And we never give up.

I am excited to continue to work with coaches, staff, and student athletes throughout BSD as the seasons change. While we are still waiting on guidance regarding Winter sports, we will update as soon as more information is available. In the meantime, please review this year's spectator policy within our Athletics handbook [here](#), and good luck to all of our Fall athletes in their upcoming games.

Let's go, Seahorses!

*Q*

# HORSIN' AROUND

This week: Faces in Places!

**Pareidolia:** a psychological phenomenon that causes people to see faces in random objects.



Submit your name and photos to [bhoyt@bsdvt.org](mailto:bhoyt@bsdvt.org) by October 6th, 2020 to appear in the next newsletter!

*Challenge:*

Find a Pareidolia face somewhere in the wild and snap a photo! It could be in the bark of a tree, your breakfast, a building you pass by every day - what can you see in your surroundings?

inhale.  
exhale.  
repeat.

TRY THIS BREATHING  
AND VISUALIZATION  
EXERCISE!

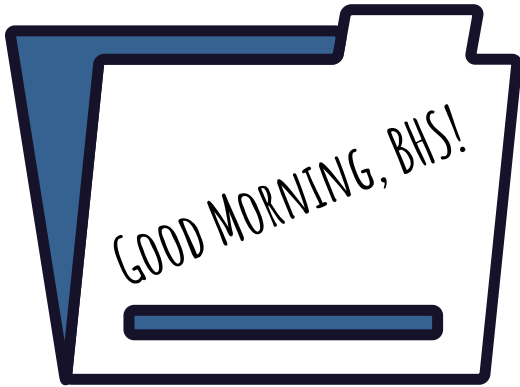


*Practicing*  
MINDFULNESS  
*in a VIRTUAL world*

## 7 Tips for Virtual Learning

- 1) **Create a Morning Routine** - get up at the same time every day, regardless of if you have class or not
- 2) **Maintain Regular Hours** - do school during regular school hours. Try and avoid putting off work until late at night and "cramming"
- 3) **Schedule Breaks & Take Them** - eat lunch, get up and stretch every hour, take a quick walk in between blocks
- 4) **Ask for What You Need** - your teachers are here to help you be successful! Ask for help beyond schoolwork if there's something you need - we're here!
- 5) **Keep a Dedicated Workspace** - if you don't have a desk and would like one, ask us! We can lend you one!
- 7) **End your day with a routine** - show you're done for the day - it can be as simple as closing your Chromebook!

# ANNOUNCEMENTS



(Make sure you're logging in with your BSD account to view!!)

Mr. Green will be doing announcements daily during his **Good Morning BHS** installments! Click the folder to the left to see all GMBHS videos from Mr. Green!

## Attendance

Monday, Tuesday, Thursday and Friday attendance is accounted for during your online classes. Your teacher marks you present, just like in-person learning.

### BUT WHAT ABOUT WEDNESDAYS!?

Wednesdays are our *asynchronous* learning days, so while classes do not meet, you are still expected to be working on your coursework. That may include watching a recorded class you missed during the week, catching up or getting ahead on work, responding to class discussions and emails, and/or attending Office Hours for your class! The possibilities are endless!

In order to be counted as "present" on those days, you must fill out the Wednesday Attendance Form. You can access that form by clicking [here](#), or by scanning the QR code to the right. **You can only access the form on Wednesdays from 8:00am - 11:59pm**, and you must use your BSD email account to login!



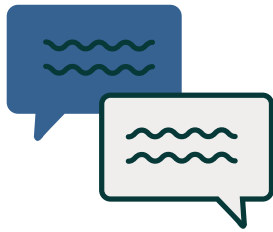
Please email Ms. Roach at [mroach@bsdvt.org](mailto:mroach@bsdvt.org) with attendance questions

# HELPFUL LINKS AND INFORMATION

Links from this week's newsletter and more can be found below. Please reach out to Ms. Hoyt at [bhoyt@bsdvt.org](mailto:bhoyt@bsdvt.org) if you have questions, comments, or feedback.

## **BHS School Counseling Page**

(including help with transcript requests, registration needs, and scheduling virtual meetings with your school counselor)



## **Free and Reduced Lunch Form**



**Mr. Cope's Memorial Service on RETN.org** - <https://www.retn.org/show/jesse-cope-memorial-service>

**BHS Athletics Website** - <https://burlingtonathletics.com/>

**BHS Expanded Learning Program Schedule - Fall 2020** -

<https://docs.google.com/document/d/1R0aszeywga2Z1GkgSWvl0zVp4el29-dtxKlalv8bnTU/edit>

**BHS Afterschool Activities and Clubs** - <https://bhs.bsdvt.org/about-our-school/clubs/>

**Wednesday Attendance Form** -

<https://docs.google.com/forms/d/e/1FAIpQLSeSmv9y4wm0uyMDy0ddZ4zAa3ZhEMI46qCdB-t6VD3rKjnG3Q/closedform>

**Good Morning, BHS! Announcements** -

<https://drive.google.com/drive/u/2/folders/1Tt7YJxDnS0H3wmmSTbiEhETm-A1iYsqN>