



2020-2021

BMS Newsletter #35 May 24th-28th

Westport Schools COVID Reporting Hotline: if you've tested positive or have been directly exposed to a positive case, please call: 203-341-1016

**DISTANCE/REMOTE
LEARNING TECH HELP
CENTER LINK**



Bedford Middle School's
Student Newspaper

PRINCIPAL'S ANNOUNCEMENT

After this week, there are only 14.5 school days remaining this year; the last day of school is a half-day on Monday, June 21st; the final marking period for students ends on Friday, June 18th. We will hold a school supply drive so students can drop-off any unwanted items for donation (ex. Binders, pencil cases, folders, packs, etc.); items will be collected, organized and quarantined. The BMS Spirit and Leadership group will provide labeled boxes throughout the school for students to donate gently used school items.

How do I pick up my child during the school day for an appointment?

If you plan to pick up your child from school during the day, please:

1. Provide your child with a signed note with a pickup time and reason (ex. doctor visit);
2. Tell your child to deliver the note directly to the BMS main office as soon as they arrive at school;
3. The main office will provide your child with a pass to leave class at the designated time;
4. Parents, when you arrive at BMS, please come to the main entrance intercom to speak with the main office;
5. If your child was provided with a pass, they will be already waiting in the main office when you arrive.

PROTECTIVE FACE MASKS ARE STILL MANDATED IN SCHOOL!

Now is not the time to let our guard down! We've been doing incredibly well with no need to contact trace any BMS-related cases since March. Face masks are still required to be worn at all times while inside the school with the exception of lunch. Both the CDC and the Department of Public Health have maintained their recommendation for masks inside the school building for both vaccinated and unvaccinated students and staff for the remainder of the current school year. However, with our low community transmission rates in both the town and our schools, as well as an increasing number of vaccinated staff and students, masks will no longer be required for students when outdoors for both recess and PE. We will continue to move towards a return to complete normalcy as quickly as possible, while keeping appropriate measures in place to ensure the safety of our students and staff.

[Updated-Outdoor-Events-and-EOY.pdf \(ct.gov\)](#)

[20210520-DPH-Order-Regarding-Universal-Masking.pdf \(ct.gov\)](#)

[Universal Mask Policies in School Buildings \(ct.gov\)](#)

[DPH Covid Rules Vaccinated 5-20-21.indd \(ct.gov\)](#)

May is BMS Mental Health Awareness Month

May is Mental health awareness month at BMS; here are some ways you can take care of your own mental health through self care. When we say mental health, we mean a state of well-being in which you realize your own abilities, you can cope with the normal stresses of life, you can work productively and you can contribute to your school and community. It is normal to feel emotions like stress, anxiety, sadness, and anger. It is important that you recognize when you are feeling this way and what strategies and support you can use to help manage these feelings. Some strategies you can use are, exercising, journaling, talking with friends or a trusted adult, practicing mindfulness or meditation. You can be proactive when it comes to taking care of your mental health just like when you take care of your physical health by eating right, exercising and getting enough sleep. Self care is just as important in protecting your mental health. Here is a short video with a simple activity that will allow you to create your own self care plan. Here is the link to the video: [Self Care for Kids](#) Here is a great worksheet to use to create your own self care plan: [My Self Care Plan](#)

BMS Science Olympiad State Champs Compete at the Nationals

The BMS team finished in 31st place out of 60 competing teams from across the United States. The team had top 20 finishes in 8 of the events: Chiropterology, Density Lab, Disease Detectives, Food Science, Fossils, Mission Possible, Ornithology, and Water Quality. The 11th place finishes in Water Quality and Food Science were particularly gratifying because of our struggles in those areas in previous years.

This was a solid result given the challenges we faced this year. Engineering events, which is an area of strength for our team, were not included this year.

UNEXPECTED FOOD DELIVERIES TO BMS ARE PROHIBITED

BMS students are prohibited from placing food orders from outside vendors during the school day. Deliveries from restaurants or through Uber Eats and similar food delivery services are not permitted during the school day.

BMS Marching Band in Westport's Memorial Day Parade 2021!

BMS's marching band is teaming up with the CMS and SHS band to create a Westport Schools marching band...come see, listen and cheer for our kids as they take part in this time-honored tradition! On [Memorial Day \(Monday, May 31, 2021\)](#), the Parade will begin at 9:00 a.m. The route begins on Riverside Avenue, continues east on Post Road East, to Myrtle Avenue, to Main Street and ending at Parker Harding Plaza.

STILL AN ISSUE SPOTLIGHT: STUDENT SCHOOL ATTIRE

We want our students and families to recognize that we are a learning environment and expectations for students' school attire are distinctly different from what is acceptable for beachwear. At Bedford, the occasion is academics and learning; we fully expect students to wear attire commensurate with and respectful to our learning environment.

Save the Date: BMS Moving Up Ceremony 2021

The BMS Moving Up Ceremony 2021 will take place on Tuesday, June 15th, 6-7 p.m. (rain date Wednesday, June 16th, 6-7 p.m.). We will send additional information including e-tickets, paperless programs and more as we draw closer to the event.

UPDATE: Transition to 9th Grade

Each 8th grade student will have the opportunity to meet individually with their Staples High School counselor. During this brief meeting, the SHS counselor will review their 9th grade schedule and answer any questions your child may have. The SHS counselors will be coming to BMS on the following dates:

- Thursday, June 10th (11:18-2:45)
- Monday, June 14th (11:18-2:45)

IMPORTANT NOTICES

- No courtesy riding on school buses through to the end of this school year; you can only ride your assigned school bus/van
- Students may not walk out of BMS for parent pickup without first signing-out in the main office; this is an important safety requirement

Math Mentors for Distance Learning Students

Now open to all middle school students, this is a great opportunity to ask math questions and receive support from a SHS math honor society student! [LINK MAO Extra Help](#)

NEXT WEEK'S SCHEDULE: June 1st-June 4th		
DAY, DATE	IN-SCHOOL HYBRID COHORT	SCHEDULE ROTATION
<i>No school on Monday, 5/31 - MEMORIAL DAY</i>		
Tuesday, 6/1/21	FULL OPEN for Cohorts A & B	D-Day
Wednesday, 6/2/21	FULL OPEN for Cohorts A & B - <i>EARLY DISMISSAL AT 12:40 p.m.</i>	A-Day
Thursday, 6/3/21	FULL OPEN for Cohorts A & B	C-Day
Friday, 6/4/21	FULL OPEN for Cohorts A & B	B-Day

Prior Newsletters

- [BMS/CMS Newsletter #1 Week of Sept 8th-11th](#)
- [BMS/CMS Newsletter #2 Week of Sept 14th-18th](#)
- [BMS/CMS Newsletter #3 Week of Sept 21st-25th](#)
- [BMS/CMS Newsletter #4 Week of Sept 29th-Oct 2nd](#)
- [BMS/CMS Newsletter #5 Week Oct 5th-9th](#)
- [BMS/CMS Newsletter #6 Week of Oct 12th-16th](#)
- [BMS/CMS Newsletter #7 Week of Oct 19th-23rd](#)
- [BMS/CMS Newsletter #8 Week of Oct 26th-30th](#)
- [BMS/CMS Newsletter #9 Week of Nov 2nd-6th](#)
- [BMS/CMS Newsletter #10 Week of Nov 9th-13th](#)
- [BMS/CMS Newsletter #11 Week of Nov 16th-20th](#)
- [BMS/CMS Newsletter #12 Week of Nov 23rd-25th](#)
- [BMS/CMS Newsletter #13 Week of Nov 30th-Dec 4th](#)
- [BMS/CMS Newsletter #14 Week of Dec 7th-Dec 11th](#)

[BMS/CMS Newsletter #15 Week of Dec 14th-Dec 18th](#)

[BMS/CMS Newsletter #16 Week of Dec 21st-23rd](#)

[BMS & CMS 2020-2021 Newsletter #17 Jan 4th-8th](#)

[BMS Newsletter #18 Jan 11th-15th](#)

[BMS Newsletter #19 Jan 19th-22nd](#)

[BMS Newsletter #20 Jan 25th-29th](#)

[BMS Newsletter #21 Feb 1st-5th](#)

[BMS Newsletter #22 Feb 8th-12th](#)

[BMS Newsletter #23 Feb 22nd-26th](#)

[BMS Newsletter #24 Mar 1st-5th](#)

[BMS Newsletter #25 Mar 8th-12th](#)

[BMS Newsletter #26 Mar 15th-19th](#)

[BMS Newsletter #27 Mar 22nd-26th](#)

[BMS Newsletter #30 April 19th-23rd](#)

[BMS Newsletter #31 April 26th-30th](#)

[BMS Newsletter #32 May 3rd-7th](#)

[BMS Newsletter #33 May 10th-14th](#)

[BMS Newsletter #34 May 17th-24th](#)