

MARCH 2023

BERMUDIAN SPRINGS HIGH SCHOOL

PRINCIPALS MESSAGE

As the third marking period comes to a close (Tuesday, March 21st), please take a moment to check your child's report card and the grades they have received through our Sapphire Community Portal on the district website. Hopefully this is something that both you and your child do on a regular basis. Keep in mind, the report card only tells a part of the story of how your child is progressing. For this reason, we strongly recommend parents schedule a parent/teacher conference and meet with their child's teachers during our upcoming conference opportunities (Thursday, March 30, 1-6:30 PM & Friday, March 31, 1-3 PM). Conferences must be scheduled using www.myconferencetime.com/bshs. A communication will be sent once the conference time schedule goes live. Keeping on top of your child's progress is just as important at the high school, if not even more so, than it was in the elementary and middle school. The stakes of graduation and possibly going off to college, or some other type of higher education make high school grades vitally important. Please take the time to make that face to face connection with your child's teachers. A collaborative and positive school to home relationship is vital to each student's success.

STUDENT(S) OF THE MONTH-FEB. 2023

Elsie Angeles, Mercedes Boeckel, Hailee Bupp, Gianna Carrion, Kiefer David, Alfonso Diaz-Mendez, Chris Eaton, Clayton Hackman, Kylee Hermansen, Jordyn Keffer, Nadalie King, Cooper Laughman, Gage Melhorn, Mary Rowan Orwick, Amari Pettaway, Ava Rome, Morgan Roomsburg, Cassidy Smith, Reagan Smith, Valarie Starner, Leslie Torres, Daniel Weikert and Mia Zeigler.

2 HR. EARLY DISMISSAL

There will be a 2 Hr. Early Dismissal on Friday, March 24, Thursday, March 30 & Friday, March 31, 2023.

AFTER SCHOOL TUTORING

In person after school tutoring is available to all students and is offered every Tuesday, Wednesday, & Thursday from 3-4 pm in the HS media center.

2023-2024 COURSE SELECTION/SCHEDULING



ON-LINE COURSE REQUESTS FOR THE 2023-2024 SCHOOL YEAR

Course selections for the 2023-2024 school year will be completed on-line through the Sapphire Community Portal. We will be meeting with all current freshman, sophomores, and juniors by class on Monday, March 6th to show them the actual on-line form for their grade and explain the process. The on-line course request forms will become active on March 6th and remain open until March 17th. We strongly encourage parents to be an active participant in their child's course requests. Please don't hesitate to contact the guidance office if you have any questions.

BREAKFAST AND LUNCH MENUS

 BREAKFAST		MARCH 2023 BERMUDIAN SPRINGS SECONDARY SCHOOLS		BREAKFAST PRICES FULL PAY \$0.00 REDUCED PAY \$0.00 MILK \$0.50	
Monday 		Tuesday		Wednesday	
1 French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 6		2 Cheesy Scrambled Eggs Toast Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 1		3 Cinnamon Rolls Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 2	
6 Sausage Egg N Cheese Bage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 3		7 Ham Egg N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 4		8 French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 5	
13 Sausage Egg N Cheese Bage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 2		14 Ham Egg N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 3		15 French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 4	
20 Sausage Egg N Cheese Bage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 1		21 Ham Egg N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 2		22 French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 3	
27 Sausage Egg N Cheese Bage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 6		28 Ham Egg N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 1		29 French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 2	
4 Cheesy Scrambled Eggs Toast Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 5		5 Cheesy Scrambled Eggs Toast Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 4		12 Cinnamon Rolls Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 1	
11 Sausage Egg N Cheese Bage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 3		18 Ham Egg N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 2		25 French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 3	
18 Sausage Egg N Cheese Bage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 2		25 Ham Egg N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 1		31 French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 2	

 LUNCH MARCH 2023 BERMUDIAN SPRINGS SECONDARY SCHOOL LUNCH PRICES REGULAR \$2.50 REDUCED \$0.40 MILK \$0.50				
Monday	Tuesday	Wednesday	Thursday	Friday
 Sloppy Joes on a Roll French Fries/ Green Beans Peas Assorted Milk The Pizza Station The Deli Spot The Grill Day 6	 Chicken Wings Dinner Roll Parslied Potatoes Peas Assorted Milk The Pizza Station The Deli Spot The Grill Day 4	 Nacho Dippers Black Bean & corn Salsa Fruit Cocktail Assorted Milk The Pizza Station The Deli Spot The Grill Day 6	 Hot Turkey Sandwich Mashed Potato Mixed Veg Peas Assorted Milk The Pizza Station The Deli Spot The Grill Day 1	 French Bread Pizza Seasoned Broccoli Celery Sticks W/ Dip Peaches Assorted Milk The Pizza Station The Deli Spot The Grill Day 1
 Walking Taco Toppings Black Bean & Corn Salsa Fresh Apple Assorted Milk The Pizza Station The Deli Spot The Grill Day 2	 Chicken Parmesan over Pasta Italian Bread Seasoned Green Beans Peaches Assorted Milk The Pizza Station The Deli Spot The Grill Day 3	 Mini Corn Dogs French Fries Mixed Vegetables Mandarin Oranges Assorted Milk The Pizza Station The Deli Spot The Grill Day 4	 Grilled BBQ Chicken on a Roll Wild Rice Steamed Peas Cinnamon Apple Slices Assorted Milk The Pizza Station The Deli Spot The Grill Day 5	 Caribbean Jerk Chicken over Rice Dinner Roll Seasoned Broccoli Peas Assorted Milk The Pizza Station The Deli Spot The Grill Day 6
 Cheeseburger on a Roll French fries Pineapple Tidbits Assorted Milk The Pizza Station The Deli Spot The Grill Day 1	 Popcorn Chicken Bowl Dinner Roll Mandarin Oranges Assorted Milk The Pizza Station The Deli Spot The Grill Day 2	 Macaroni & cheese Shrimp Poppers/ Dinner Roll Vegetable Medley Fruit Cocktail Assorted Milk The Pizza Station The Deli Spot The Grill Day 3	 Cheese Steak Sub Sweet Potato Crisps Cut Fries Peaches Assorted Milk The Pizza Station The Deli Spot The Grill Day 4	 Spaghetti W/ Meatsauce Bread Stick Broccoli W/ Cheese Sauce Peas Assorted milk The Pizza Station The Deli Spot The Grill Day 5
 Meatball Sub Buttered Noodles Green beans Blushing Peas Assorted Milk The Pizza Station The Deli Spot The Grill Day 6	 Chicken Tender/ Dinner Roll Parslied Potatoes Glazed Carrots Peaches Assorted Milk The Pizza Station The Deli Spot The Grill Day 1	 Pigs in a Blanket Baked Beans Baby Carrots Peas Assorted Milk The Pizza Station The Deli Spot The Grill Day 2	 Ham & cheese Pretzelwich Cauliflower Sweet Potato Fries Mandarin Oranges Assorted Milk The Pizza Station The Deli Spot The Grill Day 3	 General Tso Chicken over Rice Fortune Cookie Seasoned Peas Fruit Cocktail Assorted Milk The Pizza Station The Deli Spot The Grill Day 4

S.A.T. DATES AND DEADLINES

Following are the S.A.T. dates and registration deadlines. This Scholastic Assessment Test is an admissions test that is required by many colleges. Students typically take this test after December of the junior year and again early in their senior year. Students can register online at www.collegeboard.org. School Code: 395450.



May 6, 2023 Apr 7, 2023
 June 3, 2023 May 4, 2023



UPCOMING MUSICAL

Bermudian Springs High School is excited to present our 2023 Spring Musical production of *Joseph and the Amazing Technicolor Dreamcoat*! This is a high-energy and fun-filled retelling of the story of Joseph from the Bible's Book of Genesis. The show takes us on a journey from Canaan to Egypt, with music spanning such genres as rock, country, jazz, pop, calypso, and an Elvis impersonating Pharaoh! Come join

in the fun March 3rd and 4th at 7pm or March 5th at 2pm.

Tickets are available online at showtix4u.com

988 SUICIDE & CRISIS LIFELINE

<https://988lifeline.org/>

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

The previous Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.

The Lifeline's network of over 200 crisis centers has been in operation since 2005, and has been proven to be effective. It's the counselors at these local crisis centers who answer the contacts the Lifeline receives every day. Numerous studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a Lifeline counselor.



*THERE IS help.
THERE IS hope.*
Hay ayuda. Hay esperanza.



CONNECTION IS PREVENTION ♥

Conectar es prevenir.



988 SUICIDE & CRISIS
LIFELINE

LÍNEA DE PREVENCIÓN DEL SUICIDIO Y CRISIS



GET HELP.
Consiga ayuda.



LEARN THE SIGNS.
Aprenda las señales.



DONATE.
Done.

 [PREVENTSUICIDEPA.ORG](https://www.preventsuicidepa.org)

INFORMATION FOR PARENTS



IF YOUR FAMILY LIVES IN ANY OF THE FOLLOWING SITUATIONS:

In a shelter

In a motel or campground due to the lack of an alternative adequate accommodation

In a car, park, abandoned building, or bus or train station

Doubled up with other people due to loss of housing or economic hardship

Your school-age children may qualify for certain rights and protections under the federal McKinney-Vento Act.

Your eligible children have the right to:

- Receive a free, appropriate public education.
- Enroll in school immediately, even if lacking documents normally required for enrollment.
- Enroll in school and attend classes while the school gathers needed documents.
- Enroll in the local school; or continue attending their school of origin (the school they attended when permanently housed or the school in which they were last enrolled), if that is your preference.
 - * If the school district believes that the school you select is not in the best interest of your children, then the district must provide you with a written explanation of its position and inform you of your right to appeal its decision.
- Receive transportation to and from the school of origin, if you request this.
- Receive educational services comparable to those provided to other students, according to your children's needs.

If you believe your children may be eligible, contact the local liaison to find out what services and supports may be available. There also may be supports available for your preschool-age children.



Local Liaison

State Coordinator

If you need further assistance with your children's educational needs,
contact the National Center for Homeless Education:
1-800-308-2145 * homeless@serve.org * <http://nche.ed.gov>

INFORMACIÓN PARA LOS PADRES



SI SU FAMILIA VIVE EN CUALQUIERA DE LAS SITUACIONES SIGUIENTES:

En un albergue



En un motel o un sitio para acampar debido a la falta de una alternativa adecuada



En un auto, un parque, un edificio abandonado, o una estación de trenes o de autobuses



Compartiendo la vivienda de otras personas debido a la pérdida de su casa
o a una dificultad económica

*Sus hijos de edad escolar podrían calificar para recibir ciertos derechos y protecciones bajo la
ley federal McKinney-Vento.*

Sus hijos elegibles tienen derecho a:

- Recibir una educación pública gratuita y apropiada.
- Inscribirse en la escuela inmediatamente, aunque falten documentos normalmente requeridos para la inscripción.
- Inscribirse y asistir a clases mientras que la escuela obtiene los documentos necesarios.
- Inscribirse en la escuela local; o continuar asistiendo a la escuela de origen (la escuela a la cual su hijo asistió cuando tenía una residencia permanente, o la última escuela en la cual estaba inscrito), si esto es su preferencia.
 - * Si el distrito escolar cree que la escuela escogida por usted no es la mejor para sus hijos, el distrito tiene que darle a usted una explicación escrita de su posición e informarle de su derecho de apelar su decisión.
- Recibir transporte a/de la escuela de origen, si usted lo pide.
- Recibir servicios educacionales comparables a los que están provistos para otros estudiantes, según las necesidades de sus hijos.

Si usted cree que sus hijos podrían ser elegibles, contacte al oficial para la educación de los niños y jóvenes sin hogar de su distrito escolar para averiguar los servicios y ayudas que podrían estar disponibles. También puede haber apoyo disponible para sus hijos de edad preescolar.



Oficial para la educación de los niños y jóvenes sin hogar

Coordinador estatal

Si usted necesita ayuda adicional con las necesidades educacionales de sus hijos, contacte
al Centro Nacional de Educación para los Niños y Jóvenes sin Hogar:
1-800-308-2145 • homeless@serve.org • <http://nche.ed.gov>

CARE SOLACE

SUPPORT YOUR FAMILY'S WELL-BEING

Dear Families,

We are committed to the well-being of our students, staff, and families to create a safe and healthy learning environment. In support of our ongoing commitment, we partnered with Care Solace to provide an additional layer of care for our community.

Care Solace helps individuals find mental health care providers and substance use treatment centers. Their Care Companion™ team is available 24 hours per day, 7 days per week, and 365 days per year to quickly connect you to carefully verified providers in your community.

Students, staff, and families may access Care Solace services in two ways:

- Call (888) 515-0595 at any time or use the Care Solace app in 200+ languages. A dedicated Care Companion™ will help you find a provider, make an appointment, and follow up to ensure a good fit.
- For an anonymous search, answer a few questions to get matched with an extensive list of care providers at www.caresolace.com/bermudian.

Care Solace is now available for use at no cost to you. They will connect you with providers accepting all medical insurances including Medicaid, Medicare, and sliding scale options for those without insurance. All information entered on the Care Solace tool is completely confidential and securely stored.

Please note, this service is an optional resource available by choice and is not mandatory to use. Care Solace is not an emergency response service or mental health services provider. In the event of a life threatening emergency, please call 9-1-1 or the National Suicide Hotline 1-800-273-8255.

If you are interested in counseling-related services for your child, yourself, or another family member, please contact Care Solace for valuable assistance. This is a complimentary resource provided by Bermudian Springs School District.

caresolace

IT'S OKAY TO ASK FOR HELP



Calming the Chaos of
Mental Health Care

Care Solace connects students, staff, and their families to care. At no cost to you, Care Solace will quickly and confidentially find available mental health and substance use providers matched to your needs.

Find the right help at the right time.



24/7/365 MULTILINGUAL SUPPORT

A multilingual team is available 24/7/365 to help you understand options, find providers on your behalf, and schedule an appointment.

GET CONNECTED TO CARE TODAY

888-515-0595

Edit



CARE REGARDLESS OF INSURANCE

Connect to care with any coverage including Medicaid, Medicare, and sliding scale options for those without insurance.

[caresolace.com/
bermudian](https://caresolace.com/bermudian)



EASY ACCESS TO CARE

Use Care Match, the self-serve website, to find a provider on your own.

