January 2023

Bermudian Springs High School

Principal's Message

We are all excited to close the book on 202 and look forward to 2023. We hope everyone had a Merry Christmas, Happy New Year, and a safe holiday break. As we return and get closer to the end of the second marking period, it's crucial students stay focused and on top of their academics. We encourage any student needing extra help to take advantage of the tutoring we have made available. In person tutoring is available in the media center on Tuesday & Thursday from 3-4 PM. In advance, we thank everyone for their continued support and cooperation as we work together throughout the 2022-2023 school year.

2 Hr. Early Dismissal/ In-Service Day

There will be a 2 Hr. Early Dismissal on Friday, January 13., 2023, and no school on Monday, January 16, 2023 for In-Service.

REPORT CARDS

The second marking period ends on Thursday, January 12, 2023. Report cards will be posted by the end of the day on Thursday, January 19th to the Sapphire Parent Portal. If you still have not activated your Sapphire Account please contact the High School Office.

ELEVENTH GRADE PHYSICALS REMINDER

The Pennsylvania School Health Code requires that each student in the eleventh grade have a physical examination by a physician. The completed physical form must be turned in to the high school nurse (Ms. DeRiggs) no later than January 31, 2023. You also have the option of having our school doctor complete the physical examination in school during the spring. If you choose this option, the school nurse must be notified by January 31, 2023. Physical forms can now be found on our website www.bermudian.org under health services. If you have a question regarding the eleventh grade physical, please contact our school nurse at 528-4113 or 624-4231 ext. 2740.

Breakfast and Lunch Menus

BREAKFAST

JANUARY 2023

BERMUDIAN SPRINGS SECONDARY SCHOOLS

BREAKFAST PRICES
FULL PAY $0.00
REDUCED PAY $0.00
MILK $0.50

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOOL	3 Ham N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 4	4 French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 5	5 Bacon Breakfast Pizza Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 6	6 Cinnamon Rolls Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 1
9 Sausage Egg N Cheese Bagel Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 2	10 Ham N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 3	11 French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 4	12 Bacon Breakfast Pizza Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 5	13 Cinnamon Rolls Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 6
16 NO SCHOOL	17 Ham N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 1	18 French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 2	19 Bacon Breakfast Pizza Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 3	20 Cinnamon Rolls Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 4
23 Sausage Egg N Cheese Bagel Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 5	24 Ham N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 6	25 French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 1	26 Bacon Breakfast Pizza Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 2	27 Cinnamon Rolls Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 3
30 Sausage Egg N Cheese Bagel Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 4	31 Ham N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 5			

schoolcafé

Menu Subject to Change without Notice

LUNCH

JANUARY 2023

BERMUDIAN SPRINGS SECONDARY SCHOOLS

LUNCH PRICES
FULL PAY $2.50
REDUCED $0.40
MILK $0.50

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Chicken Sticks Bread Stuffing Corn Pears Assorted Milk The Pizza Station The Deli Spot The Grill Day 4	4 Orange Chicken over Rice Broccoli Egg Roll Peaches Assorted Milk The Pizza Station The Deli Spot The Grill Day 5	5 Hot Turkey Sandwich Mashed Potato Mixed Veg Fruit Cocktail Assorted Milk The Pizza Station The Deli Spot The Grill Day 6	6 Nacho Dippers Black Bean & corn Salsa Baby Carrots Mandarin Oranges Assorted Milk The Pizza Station The Deli Spot The Grill Day 1
9 Beef BBQ on a Roll French Fries Green Beans Pineapple Tidbits Assorted Milk The Pizza Station The Deli Spot The Grill Day 2	10 Chicken Nuggets W/ Dinner Roll Baked Beans Tossed Salad Peaches Assorted Milk The Pizza Station The Deli Spot The Grill Day 3	11 Chicken and Waffles Peas Fruit Mix Assorted Milk The Pizza Station The Deli Spot The Grill Day 4	12 French Toast Sausage Hashbrown Fresh Orange Assorted Milk The Pizza Station The Deli Spot The Grill Day 5	13 Triple Grilled Cheese Chicken Corn Soup Crackers Cinnamon Applesauce Assorted Milk The Pizza Station The Deli Spot The Grill Day 6
16 NO SCHOOL	17 Seasoned Pork Sandwich W/ Gravy Mashed Potatoes Seasoned Green Beans Peaches Assorted Milk The Pizza Station The Deli Spot The Grill Day 1	18 French Bread Pizza Green Beans Baby Carrots Pears Assorted Milk The Pizza Station The Deli Spot The Grill Day 2	19 Corn Dog French Fries Mixed Vegetables Mandarin Oranges Assorted Milk The Pizza Station The Deli Spot The Grill Day 3	20 BBQ Grilled Chicken Sandwich Wild Rice Peas Warm Cinnamon Apple Slices Assorted Milk The Pizza Station The Deli Spot The Grill Day 4
23 Cheeseburger on a Roll French fries Baby Carrots Pineapple Tidbits Assorted Milk The Pizza Station The Deli Spot The Grill Day 5	24 Popcorn Chicken Bowl Dinner Roll Blue Raspberry Sidekicks Assorted Milk The Pizza Station The Deli Spot The Grill Day 6	25 Lasagna Roll Up Garlic Knot Broccoli Pears Assorted Milk The Pizza Station The Deli Spot The Grill Day 1	26 BBQ Pulled Pork on a Kaiser Roll Buttered Noodles Baby Carrots Peaches Assorted Milk The Pizza Station The Deli Spot The Grill Day 2	27 Macaroni & cheese Shrimp Poppers Vegetable Medley Fruit Cocktail Assorted Milk The Pizza Station The Deli Spot The Grill Day 3
30 Meatloaf W/ Gravy Dinner Roll Mashed Potatoes Green beans Blushing Pears Assorted Milk The Pizza Station The Deli Spot The Grill Day 4	31 Chicken Tender Dinner Roll Parsley Potatoes Glazed Carrots Peaches Assorted Milk The Pizza Station The Deli Spot The Grill Day 5			

schoolcafé

Menu Subject to Change Without Notice!

After School Tutoring

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

Yearbooks

Yearbooks are on sale now for $75.00 until January 31st. Online ordering is available at Balfour.com. Order today!

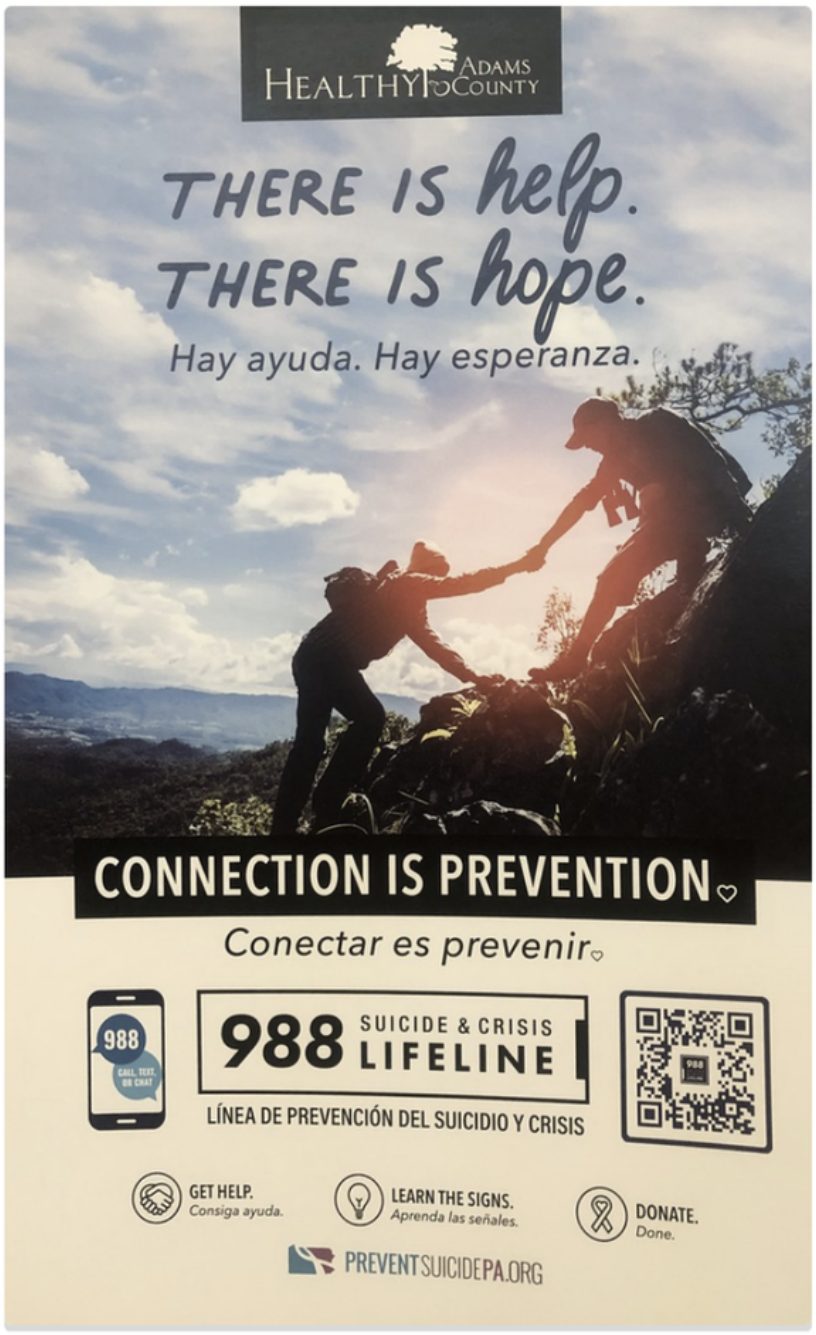
Also, Senior baby pictures are due by January 13th.

Keystone Exam Schedule

Exam Schedule:
January 9th and 10th: Literature
January 11th and 12th: Algebra

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.


HEALTHY ADAMS COUNTY
THERE IS help.
THERE IS hope.
Hay ayuda. Hay esperanza.
CONNECTION IS PREVENTION
Conectar es prevenir
988
CALL, TEXT, OR CHAT
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

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. Support is available in 200+ languages. A dedicated Care Companion™ will help you every step of the way to research options, secure appointments, and follow up to make sure it is 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

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, call providers on your behalf, and schedule an appointment.

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

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

GET CONNECTED TO CARE TODAY

888-515-0595

caresolace.com/bermudian