

BERMUDIAN SPRING HIGH SCHOOL

DECEMBER 2022

PRINCIPALS MESSAGE

I would like to wish everyone safe and happy holiday season. It is hard to believe we are already into the second marking period and Christmas is rapidly approaching. With all the distractions the holiday season can create and as we progress into the marking period, it is crucial students stay focused and on top of their academics. We encourage any student needing extra help to take advantage of the numerous tutoring opportunities we have made available. In advance, we thank everyone for their continued support and cooperation.

**Reminder– parents/students, Thursday, December 22nd is a half-day early dismissal (High School will dismiss at 11:25 AM).

TEACHER RESEARCH/DEVELOPMENT-2HR DELAY

Reminder Monday, December 5th is a Teacher Research/Development Day- we will be on a 2hr Delay start schedule.

HOLIDAY VACATION

The holiday vacation will formally begin on Friday, December 23, 2022. Students will resume classes on Tuesday, January 3, 2023

**Thursday, December 22nd is a half day early dismissal. The High School will dismiss at 11:25 AM.



BREAKFAST AND LUNCH MENU



BREAKFAST

DECEMBER 2022

BERMUDIAN SPRINGS SECONDARY SCHOOLS

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

Monday



Tuesday

Wednesday

Thursday

Friday

NO BREAKFAST 5
Day 3

Ham N Cheese Croissant
Hash brown
Cereal Bars
Assorted Cereal
Assorted Fruit & Juice
Fruited Slushy
Assorted Milk 6
Day 4

French toast W/ Sausage
Cereal Bars
Assorted Cereal
Assorted Fruit & Juice
Fruited Slushy
Assorted Milk 7
Day 5

Bacon Breakfast Pizza
Cereal Bars
Assorted Cereal
Assorted Fruit & Juice
Fruited Slushy
Assorted Milk 1
Day 1

Cinnamon Rolls
Cereal Bars
Assorted Cereal
Assorted Fruit & Juice
Fruited Slushy
Assorted Milk 2
Day 2

Sausage Egg N Cheese Bage
Cereal Bars
Assorted Cereal
Assorted Fruit & Juice
Fruited Slushy
Assorted Milk 12
Day 2

Ham N Cheese Croissant
Hash brown
Cereal Bars
Assorted Cereal
Assorted Fruit & Juice
Fruited Slushy
Assorted Milk 13
Day 3

French toast W/ Sausage
Cereal Bars
Assorted Cereal
Assorted Fruit & Juice
Fruited Slushy
Assorted Milk 14
Day 4

Bacon Breakfast Pizza
Cereal Bars
Assorted Cereal
Assorted Fruit & Juice
Fruited Slushy
Assorted Milk 15
Day 5

Cinnamon Rolls
Cereal Bars
Assorted Cereal
Assorted Fruit & Juice
Fruited Slushy
Assorted Milk 16
Day 6

Sausage Egg N Cheese Bage
Cereal Bars
Assorted Cereal
Assorted Fruit & Juice
Fruited Slushy
Assorted Milk 19
Day 1

Ham N Cheese Croissant
Hash brown
Cereal Bars
Assorted Cereal
Assorted Fruit & Juice
Fruited Slushy
Assorted Milk 20
Day 2

French toast W/ Sausage
Cereal Bars
Assorted Cereal
Assorted Fruit & Juice
Fruited Slushy
Assorted Milk 21
Day 3

Bacon Breakfast Pizza
Cereal Bars
Assorted Cereal
Assorted Fruit & Juice
Fruited Slushy
Assorted Milk 22
Day 4

NO SCHOOL 23

NO SCHOOL 26

NO SCHOOL 27

NO SCHOOL 28

NO SCHOOL 29

NO SCHOOL 30

Menu Subject to Change without Notice

schoolcafe



LUNCH

DECEMBER 2022

BERMUDIAN SPRINGS SECONDARY SCHOOLS

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

Monday



Tuesday

Wednesday

Thursday

Friday

Walking Taco
Toppings
Black Bean & Corn Salsa
Fresh Apple
Assorted Milk
The Pizza Station
The Deli Spot
The Grill 5
Day 3

Chicken Parmesan Sandwich
Seasoned Green Beans
Celery Sticks
Peaches
Assorted Milk
The Pizza Station
The Deli Spot
The Grill 6
Day 4

Max Stix Dipping Sauce
Caesar Salad
Baby Carrots
Cinnamon Applesauce
Assorted Milk
The Pizza Station
The Deli Spot
The Grill 7
Day 5

French Toast W/ Sausage
Hash Brown Patty
Orange Smiles
Assorted Milk
The Pizza Station
The Deli Spot
The Grill 1
Day 1

Chicken Corn Soup
Grilled Cheese
Baby Carrots
Cinnamon Applesauce
Assorted Milk
The Pizza Station
The Deli Spot
The Grill 2
Day 2

Cheeseburger on a Roll
Potato Coins
Baby Carrots
Diced Peaches
Assorted Milk
The Pizza Station
The Deli Spot
The Grill 12
Day 2

Popcorn Chicken Bowl
Dinner Roll
Blue Raspberry Slushie
Assorted Milk
The Pizza Station
The Deli Spot
The Grill 13
Day 3

Asian Orange
Chicken over Rice
Vegetable Egg Roll
Steamed Broccoli
Diced Peas
The Pizza Station
The Deli Spot
The Grill 14
Day 4

BBQ Rib Sub
Scalloped Potatoes
Baby Carrots
Peaches
Assorted Milk
The Pizza Station
The Deli Spot
The Grill 15
Day 5

Homemade Macaroni & Cheese
Popcorn Shrimp/Dinner Roll
Vegetable Medley
Fruit Cocktail
Assorted Milk
The Pizza Station
The Deli Spot
The Grill 16
Day 6

HOLIDAY MEAL
Roasted Turkey in Gravy
Homemade Bread Stuffing
Mashed Potato
Corn
Baked Apple Crisp
Assorted Milk
NO ALTERNATE 19
Day 1

Chicken Tender W/ Dinner Roll
Oven Browned Red Potatoes
Crinkle Cut Carrots
Sliced Peaches
Assorted Milk
The Pizza Station
The Deli Spot
The Grill 20
Day 2

Chicken Alfredo Over Pasta
Garlic Knots
Seasoned Cauliflower
Mandarin Oranges
Assorted Milk
The Pizza Station
The Deli Spot
The Grill 21
Day 3

Turkey & Cheese Sub
Bagged Lunch
Students must
Sign up in the cafeteria 22
Day 4

NO SCHOOL 23

NO SCHOOL 26

NO SCHOOL 27

NO SCHOOL 28

NO SCHOOL 29

NO SCHOOL 30

Menu Subject to Change without Notice

schoolcafe

CHOIR AND STEEL BAND CONCERT

High School Steel Band and Choir concert will be Thursday, November 15th at 7:00 p.m. in the Auditorium.

MI-TERM EXAMS

There will be no Mid-Term Exams this year. All December school days will be instructional days and follow our regular schedule.

EAGLE AID

High school is a period of time during which students are presented with greater responsibility. Because of expanded independence at home, developing social relationships, obligations at work, commitment to extracurricular activities, and academic challenges, students must confront many trials. The current global pandemic has only added to the challenge. Although most students can successfully deal with the pressures of high school, many resort to drugs and alcohol as an escape; others develop severe depression. Students who have difficulty handling the responsibilities presented to them during high school need support, encouragement, and understanding. This assistance is provided through Eagle-Aid, the Bermudian Springs High School Assistance Program. For additional information, please contact the HS Guidance Office.

CHOICES

Please take advantage of Choices, a career, higher education, and financial aid exploration program. All students will have the opportunity to use this program. Any student or parent who would like more information about this program should call the guidance office. The Guidance Department website is available for info on scholarships, financial aid, and important upcoming dates. Go to www.bermudian.org Click on departments/guidance.

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

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 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>

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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



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

GET CONNECTED TO CARE TODAY

888-515-0595



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.

