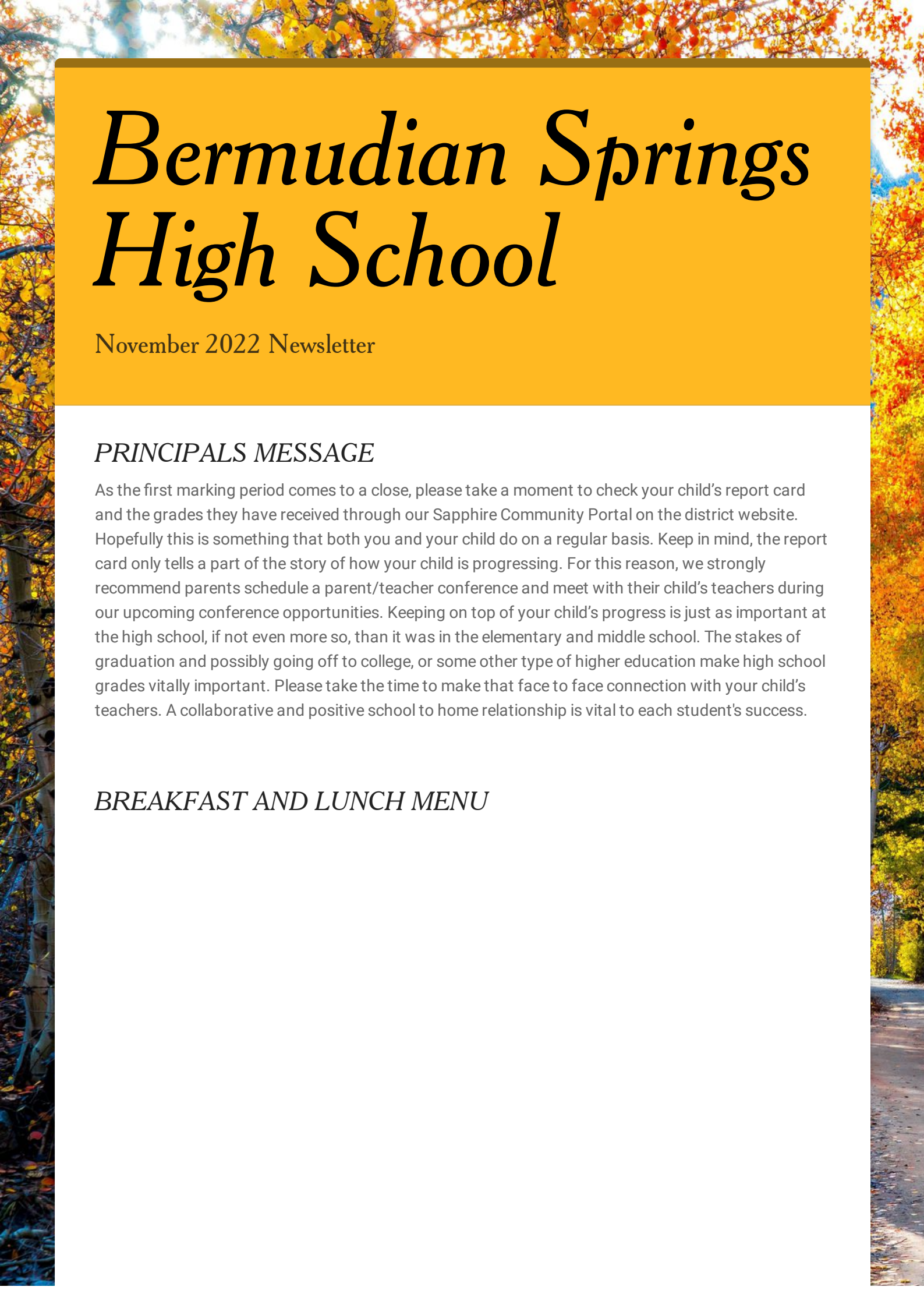




Bermudian Springs High School

November 2022 Newsletter

PRINCIPALS MESSAGE

As the first marking period comes to a close, 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. 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.

BREAKFAST AND LUNCH MENU

BREAKFAST

NOVEMBER 2022 BERMUDIAN SPRINGS SECONDARY SCHOOLS

BREAKFAST PRICES
FREE
MILK \$0.50

Monday	Tuesday	Wednesday	Thursday	Friday
	Ham N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 2	French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 3	Bacon Breakfast Pizza Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 4	NO SCHOOL 4
Sausage Egg N Cheese Bage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 5	Ham N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 6	French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 1	Bacon Breakfast Pizza Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 2	Cinnamon Rolls Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 3
Sausage Egg N Cheese Bage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 4	Ham N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 5	French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 6	Bacon Breakfast Pizza Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 1	Cinnamon Rolls Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 2
Sausage Egg N Cheese Bage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 3	Ham N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 4	NO SCHOOL 23	HAPPY THANKSGIVING 24	NO SCHOOL 25
NO SCHOOL 28	Ham N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 5	French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 6		

Menu Subject to Change without Notice

schoolcafé



LUNCH

NOVEMBER 2022 BERMUDIAN SPRINGS SECONDARY SCHOOLS

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

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY THANKSGIVING	Chicken Nuggets W. Dinner Roll Buttered Noodles Celery Sticks Peach Cups Assorted Milk The Pizza Station The Deli Spot The Grill Day 2	Pulled Pork Nacho Black Bean & Corn Salsa Fresh Apples Assorted Milk The Pizza Station The Deli Spot The Grill Day 3	Tomato Soup Grilled Cheese Baby Carrots Pears Assorted Milk The Pizza Station The Deli Spot The Grill Day 4	NO SCHOOL 4
Cheese Steak Sub Wild Rice Green Beans Pineapple Tidbits Assorted Milk The Pizza Station The Deli Spot The Grill Day 5	Nashville Hot Chicken Sandwich French Fries Glazed Carrots Blushing Pears Assorted Milk The Pizza Station The Deli Spot The Grill Day 6	Hot Dog on a Roll Smile Fries Baked Beans Peaches Assorted Milk The Pizza Station The Deli Spot The Grill Day 1	Turkey & Cheese on a Croissant Homemade Potato Salad Baby Carrots Mandarin Oranges Assorted Milk The Pizza Station The Deli Spot The Grill Day 2	Beef Tips over Noodles Dinner Roll Winter Blend Vegetables Warm Cinnamon Apples Assorted Milk The Pizza Station The Deli Spot The Grill Day 3
Meatball Sub French Fries Green Beans Peaches Assorted Milk The Pizza Station The Deli Spot The Grill Day 4	Popcorn Chicken Bowls Dinner Roll Fresh Apple Slices Assorted Milk The Pizza Station The Deli Spot The Grill Day 5	Walking Taco Black Bean Salsa Fruit Cocktail Assorted Milk The Pizza Station The Deli Spot The Grill Day 6	French Toast W/ Sausage Hash Brown Orange Smiles Assorted Milk The Pizza Station The Deli Spot The Grill Day 1	Chicken & Gravy over Waffles Seasoned Peas Pineapple Tidbits Assorted Milk The Pizza Station The Deli Spot The Grill Day 2
Thanksgiving Meal Turkey & Gravy Mashed Potato Bread Stuffing Corn Assorted Milk Warm Cinnamon Apples Day 3	Cheeseburger on a Roll French Fries Steamed Peas Fruit Cocktail Assorted Milk The Pizza Station The Deli Spot The Grill Day 4	NO SCHOOL 23	HAPPY THANKSGIVING! 24	NO SCHOOL 25
NO SCHOOL 28	Chicken Tender W/ Dinner Roll Scalloped Potato Seasoned Peas Pineapple Tidbits Assorted Milk The Pizza Station The Deli Spot The Grill Day 5	Nacho Dipper Black Bean & Corn Salsa Baby Carrots W/ Dip Diced Peas Assorted Milk The Pizza Station The Deli Spot The Grill Day 6		

Menu Subject to Change without Notice

schoolcafé



1st marking period report cards will be posted to the Sapphire Community Portal by the close of school on Wednesday, November 2nd. Should you desire to receive a hard copy of your child's report card, please contact the high school office.

PARENT/TEACHER CONFERENCES

Fall Parent Teacher Conferences will be held on Thursday, November 3rd from 1:00 to 6:30 pm and on Friday, November 4th from 1:00 to 3:00 pm. Please schedule your conferences using www.myconferencetime.com/bshs. When you schedule your conference time, please note in the optional comment section near the bottom if you are choosing a virtual zoom conference or in person. This process will need to be repeated for each conference you schedule.

Report cards will be posted to the Sapphire portal by 3 pm on November 2nd, allowing parents time to review report cards prior to conferences.

In advance, we thank you for your continued partnership, support, and cooperation.

PARENT/COACHES NIGHT

The Parent/Coaches night for winter sports is Wednesday, November 9th, at 7:00 p.m. in the high school auditorium.

Winter sports are scheduled to begin Friday, November 18th. Anyone planning on participating in a winter sport will need to have a physical examination prior to the start of practices, but not prior to October 10. If you have already received a physical this school year (dated after June 1, 2022) and/or participated in a fall sport you will need to complete a Re-certification for Sports Participation form to update your health information. If you are in need of a physical, please complete the "Athletic Physical Form" and have your physician perform and sign the examination portion. All forms will be available at the winter sport sign-up or the link below.

[PIAA Physical Form](#)

[Re-Certification Form](#)

COLLEGE PLANNING NIGHT

The annual College Planning Night for juniors and parents has been scheduled for Thursday, November 10th at 7:00 p.m. in the High School LGI Room.

THANKSGIVING VACATION

There will be no school on Wednesday, November 23 through Monday, November 28th. Classes will resume again on Tuesday, November 29th.

SCHOOL CANCELLATIONS & DELAYS



In addition to posting announcements for cancellations and delays on the radio and television for inclement weather. If you provided information for the One Call system, you will also receive a recorded telephone message when school is delayed or cancelled.

NATIONAL ART HONOR SOCIETY

The NAHS Induction Ceremony will be held on Monday, November 21st at 7:00 PM in the auditorium.

Congratulations to this year's NAHS inductees:

YEARBOOK INFORMATION

Yearbooks are currently on sale and are ONLY AVAILABLE FOR PURCHASE AT: www.balfour.com.

Once you enter the balfour website, search for Bermudian Springs High School, select yearbook to purchase, identify the student(s) you wish to purchase for, select any extras you would like and check out with a debit/credit card.

Books are for sale in November for \$65, in December for \$75 and in January they go to full price of \$80. Order now to reserve your copy! Books will be delivered in May.

Senior Recognition Ads are due no later than December 6 and can also be purchased at Balfour.com by searching for senior advertisements/tributes.

SAT INFORMATION

The following are the SAT dates and registration deadlines. The SAT is an assessment that is required by many colleges. Students typically take this test the first time towards the end of their junior year and again, at the end of their junior year or in the fall of their senior year. Registration materials are available in the Guidance Office. Students may also register online at <https://satsuite.collegeboard.org/sat/registration/dates-deadlines>

School Code: 395450.

SAT I Test Date Registration Deadline

Nov 5, 2022 Oct 7, 2022

Dec 3, 2022 Nov 3, 2022

Mar 11, 2023 Feb 10, 2023

May 6, 2023 Apr 7, 2023

June 3, 2023 May 4, 2023

FRESHMAN CLASS FOOD TRUCK FUNDRAISER

The Freshman Class will be Sponsoring a **Food Truck Event** during Fall Conferences on Thursday, November 3 from 2 PM until 7 PM in front of the High School. Stop by for some great food that makes for an easy dinner! Baltimore Style Pit Beef & Seafood, Mac Stack, Farm Show Milkshakes, and many more trucks will be attending!

FRESHMAN CLASS MAGIC SHOW

On Thursday November 3rd following the food truck event at 7:00 PM, Magician Aaron Hickok, a 2022 Bermudian graduate, will be back at Bermudian Springs. Aaron, who has been featured on "Penn and Teller's Fool Us" wowed the crowd at Bermudian last spring with his magic and humor. We are excited to have him return with a new and exciting show to help support the class of 2026. Tickets can be purchased at the door.

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.

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



EASY ACCESS TO CARE

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



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>