



Bermudian Springs High School

October 2022 Newsletter

PRINCIPALS MESSAGE

The 2022-2023 school year is underway and we are very pleased with the start that we have had. As the school year progresses, encourage your child to stay focused on their studies and establish a positive work ethic. It is so critical you as parents become actively involved with your child's school work. Remember you have the ability to check student progress online through the Sapphire community portal.

PICTURE RE-TAKE DAY REMINDER

Picture re-take day will be Monday, October 3rd.

BREAKFAST & LUNCH MENU



BREAKFAST

OCTOBER 2022

BERMUDIAN SPRINGS SECONDARY SCHOOLS

Breakfast Meal \$0.00
Milk \$0.50

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Egg N Cheese Bagel Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 1 3	Ham N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 2 4	French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 3 5	Breakfast Pizza Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 4 6	NO SCHOOL 7
NO SCHOOL 10	Ham N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 5 11	French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 6 12	Breakfast Pizza Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 1 13	Breakfast Burrito Potato Coins Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 2 14
Sausage Egg N Cheese Bagel Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 3 17	Ham N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 4 18	French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 5 19	Breakfast Pizza Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 6 20	Breakfast Burrito Potato Coins Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 1 21
Sausage Egg N Cheese Bagel Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 2 24	Ham N Cheese Croissant Hash brown Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 3 25	French toast W/ Sausage Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 4 26	Breakfast Pizza Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 27	Breakfast Burrito Potato Coins Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 6 28
Sausage Egg N Cheese Bagel Cereal Bars Assorted Cereal Assorted Fruit & Juice Fruited Slushy Assorted Milk Day 1 31				

Menu Subject to Change without Notice
Judy Sterling Food Service Director
717-528-4113 ext 2780
jsterling@bermudian.org



LUNCH

OCTOBER 2022

BERMUDIAN SPRINGS SECONDARY SCHOOL

Lunch Prices
Full Price \$2.50
Reduced \$0.40
Milk \$0.50

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Steak Sub Crinkle Cut Fries Green Beans Pineapple tidbits Assorted Milk The Pizza Station The Deli Spot The Grill Day 1 3	Broasted Chicken Pieces Dinner Roll Seasoned Rice Glazed Carrots Diced Peas The Pizza Station The Deli Spot The Grill Day 2 4	Hot Dog on a Roll Baked Beans Celery Sticks W/ Dip Peaches The Pizza Station The Deli Spot The Grill Day 3 5	Turkey & Cheese on a Croissant Potato Salad Baby Carrots Mandarin Oranges The Pizza Station The Deli Spot The Grill Day 4 6	NO SCHOOL 7
NO SCHOOL 10	Popcorn Chicken/ Dinner Roll Mashed Potato Steamed Corn Fresh Apple Slices The Pizza Station The Deli Spot The Grill Day 5 11	Nacho Dipper Black Bean & Corn Salsa Baby Carrots W/ Dip Diced Peas The Pizza Station The Deli Spot The Grill Day 6 12	Pierogies with Meat sauce Italian Bread Seasoned Green Beans Mandarin Oranges The Pizza Station The Deli Spot The Grill Day 1 13	Cajun Mandarin Grilled Chicken over Rice Oriental Vegetable Vegetable Egg Roll Warm Cinnamon Apple Slices The Pizza Station The Deli Spot The Grill Day 2 14
Baked Ziti Italian Bread Green Beans Mandarin Oranges The Pizza Station The Deli Spot The Grill Day 3 17	Chicken Tender W/ Dinner Roll Parsley Potato Seasoned Peas Sliced Peaches The Pizza Station The Deli Spot The Grill Day 4 18	Ham & Cheese Pretzelwich Sweet Potato Fries Celery Sticks/Dip Pears The Pizza Station The Deli Spot The Grill Day 5 19	Quesadilla Chicken & Cheese Buttered Noodles Corn Fruit Cocktail The Pizza Station The Deli Spot The Grill Day 6 20	Orange Chicken over Rice Seasoned Broccoli Baby Carrots Fresh Fruit The Pizza Station The Deli Spot The Grill Day 1 21
Cheeseburger Crinkle Cut French Fries Glazed Carrots Fresh Apple Slices The Pizza Station The Deli Spot The Grill Day 2 24	Glazed Chicken Drumstick Dinner Roll Buttered Noodles Glazed Carrots Mandarin Oranges The Pizza Station The Deli Spot The Grill Day 3 25	Walking Taco Salsa Seasoned Corn Fruit Cocktail The Pizza Station The Deli Spot The Grill Day 4 26	Fish Wedge Sandwich W/ Lettuce Potato Wedge Cauliflower Fresh Oranges The Pizza Station The Deli Spot The Grill Day 5 27	Teriyaki Chicken over Rice Seasoned Peas Veggie Bowl W/ Dip The Pizza Station The Deli Spot The Grill Day 6 28
Spaghetti & Meat sauce Bread Stick Green Beans Pineapple Tidbits The Pizza Station The Deli Spot The Grill Day 1 31				

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FREE BREAKFAST MEALS FOR ALL STUDENTS

Breakfast meals will be FREE starting **October 1st** for all students.

The Bermudian Springs School District is excited to announce that starting October 1, 2022, all Breakfast meals will be free. Families do not need to do anything different.

Please continue filling out free and reduced meal applications as this is **ONLY** for breakfast and **NOT** for lunch.

Apply online at www.schoolcafe.com or paper applications are available upon request. Online applications are processed in the order in which they are received. All families will be notified via e-mail if there is one on file or by mail regarding the outcome of their processed application. Student meal prices are based on each family's eligibility status.

If you have any questions, please contact Judy Sterling, Director of Food Service at jsterling@bermudian.org.



NO SCHOOL TEACHER PROFESSIONAL DEVELOPMENT

Classes will not be in session on Friday October 7 or Monday, October 10, due to teacher in-service.

Homecoming Dance

The dance will be held in the high school cafeteria on Saturday, October 8th from 7-10 PM. Any student planning to attend must purchase a ticket and must be in school by 9 AM on Thursday, October 6th. Tickets will be on sale in the cafeteria during lunches. All outside guests must be registered in advance and must have a photo ID for admission. No student will be admitted into the dance after 7:45 PM and there will be no re entry after leaving.

EARLY DISMISSAL & PARENT TEACHER CONFERENCES

We will be dismissing early on Friday, October 28th @ 12:50 p.m. Teacher in-service is scheduled for a half day on Thursday, November 3rd (students will be dismissed at 12:50 p.m.). In-service is also scheduled for Friday, November 4th (no school for students on that day).

Information will be forthcoming about Parent/teacher Conferences and how they will be conducted (conferences are scheduled for Thursday, November 3rd, from 1:00-6:30 PM and on Friday, November 4th from 1:00 - 3:00 p.m.)



IPAD/DEVICE INSURANCE FEE

If you haven't already done so, please remember to pay your iPad/Device insurance fee to the office. This is an annual \$10 fee. If you owe a fee from last year please remember to include that with your payment. If you have any questions regarding this please contact Mrs. Farley at

717-528-5127 or efarley@bermudian.org. Fees not paid will void the insurance protection and thus make the student responsible for all repair costs should they become necessary.



SCHOLARSHIP INFORMATION

The guidance office maintains a scholarship list of all scholarship applications we receive throughout the school year. To review an updated list, please visit the guidance office or guidance website at www.bermudian.org under the "Services" tab.

CHOICES

The high school is going to continue to have the use of **Choices**, a Career and Higher Education Exploration Computer Program. All 9th graders will create a username and portfolio in their Life-Skills classes. All other students will be encouraged throughout the year to use this program for higher education/career readiness and exploration. Any student or parent who would like an appointment to have this program demonstrated should call the guidance office to arrange a time.

WINTER SPORTS PARTICIPATION

Winter sports are scheduled to begin Friday, November 18. 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 (blue form) to update your health information. If you are in need of a physical, you will need to 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 meetings on November 9, 2022, at 7 p.m. in the auditorium or may be printed from the school's website on the athletics page. The Re-certification for Sports Participation form is due to Mrs. Fry in the high school **no later than October 25**.



PHYSICAL REMINDER FOR 11th GRADE STUDENTS

Physical papers for current 11th grade students must be turned in no later than January 31, 2023. If you are unable to make an appointment for your child's physical or do not have a doctor, please contact the nurse's office to make arrangements for the physical to be done at school.

NATIONAL HONOR SOCIETY

NHS Induction Ceremony will take place on Monday, October 24th @ 6:00 PM in the HS Auditorium.

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 3 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

caresolace.com/bermudian



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.



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**

16th ANNUAL BAG THE BOUNTY FOOD DRIVE

We are excited to participate in the 16th Annual Bag the Bounty Food Drive. **Now through October 31st**, all donated food will benefit food programs in the Adams/Hanover Area. If you would like to participate, please send your donations to school with your child(ren). The collection boxes are located in the high school office and office lobby.

Benefitting Food Programs in the Adams/Hanover Area

16th
Annual

Bag The Bounty

CHICKEN BAKED TOMATO CHICKEN BAKED TOMATO

FOOD DRIVE

SOUP SOUP SOUP SOUP SOUP

NOW THRU OCTOBER 31st

Participating Food Programs

Adams Rescue Mission • Campus Kitchens • Fairfield Mennonite Church Food Pantry
Gettysburg Community Soup Kitchen • God's Meal Barrel • HACC Cares Boxes • John's Meals
New Hope Ministries Collaborative • Pathstone, Inc. • Ruth's Harvest - Fairfield
Ruth's Harvest - Gettysburg • Ruth's Harvest - Littlestown • Safe Home - Hanover YWCA
SCCAP Adams County Homeless Shelter • SCCAP Food Pantry • Under the Horizon - Blessing Boxes
Upper Adams Food Pantry (Methodist Church Collaboration)
York Springs Food Pantry • York Springs United Methodist Church

COLLECTION POINTS

Adams County Children's Advocacy Center
ACNB Bank - Biglerville
ACNB Bank - Carroll Valley
ACNB Bank - East Berlin
ACNB Bank - Lincoln Square
ACNB Bank - Littlestown
ACNB Bank - McSherrystown
ACNB Bank - New Oxford
ACNB Bank - North Gettysburg
ACNB Bank - North Hanover
ACNB Bank - South Hanover
ACNB Bank - West Gettysburg
Carroll Valley Library, Carroll Valley
Conecago Township
Police Department, Hanover
Fairfield Library, Fairfield
Family Dollar, Littlestown
Gettysburg Library, Gettysburg
Gettysburg Presbyterian Church

Gettysburg Times, Gettysburg
Harbaugh Thomas Library, Biglerville
Hollabaugh Bros. Inc.
Kennie's Market, Gettysburg
Kennie's Market, Littlestown
Kennie's Market, Biglerville
Littlestown Library, Littlestown
Littlestown Police Department, Littlestown
Littlestown YMCA
Myers Meat Market
New Oxford Library, New Oxford
North Hanover YMCA
Platinum Fitness, Hanover
South Hanover YMCA
Studio 360 Hair Salon, McSherrystown
The Ragged Edge Coffeehouse, Gettysburg
Trone Memorial Library, East Berlin
United Way of Adams County, Gettysburg
YWCA Gettysburg & Adams County
YWCA Hanover, Hanover

MOST WANTED ITEMS

Single Serving Items
Canned Fish & Meats
Canned & Boxed Meals
Chunky Soups & Stews
Canned Fruits & Vegetables
Rice & Pasta
Boxed Cereals
100% Fruit Juice
Cake & Muffin Mixes
Peanut Butter & Jelly
Shampoo & Conditioner
Bath Soap & Deodorant
Baby Food & Diapers
Powdered/Shelf-Stable Milk
Dish & Laundry Detergent
Cleaning Products
Toilet Paper & Paper Towels
Toothpaste & Brushes

~ **Proud Supporters of Bag The Bounty 2022** ~

