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Special points of interest:

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Beyond the Myths of Education: A Better Frame of Reference to Reduce Youth Stress

Middle Schools and High Schools have become pressure cookers for academic performance and our kids are feeling the stress. Often parents are unsure about what might be detrimental to their child's growth and well-being. Schools are often in a quandary about how to help parents help their kids given all the educational demands. Bedford parents will have two opportunities to hear Christine Duvivier present her groundbreaking research and tell us how and why we are missing the true gifts our children possess and how we can view them differently.

An MBA graduate from Cornell University, Christine Duvivier worked for 16 years with executives and senior

management before taking those skills to the Center for Quality of Management (CQM), a nonprofit organization that focused exclusively on guiding leaders in an ever-changing quest for effective approaches. From there Christine went on to earn a Master in Applied Positive Psychology, where the focus is on healthy institutions, positive emotions, and strengths-based character. Christine is now a public speaker, executive coach and mentor, and workshop facilitator. She works with business leaders and communities to unleash potential and increase well-being, build resilience and reduce stress.

Parents of high school students will be able to hear Christine on

Thursday, September 19, 2013 in Bedford High School Auditorium from 5:45 to 6:30 p.m. A presentation geared to parents of middle school youth will be offered the following week, **Thursday, September 26, 2013 at John Glenn Middle School in the Auditorium from 5:45 to 6:30 p.m.** The two presentations are scheduled to occur on the respective Back to School nights at both Bedford High School and John Glenn Middle School so parents have the opportunity to attend prior to participating in those already scheduled events.

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For Parents ~ New Parenting Section on BYFS Website



Bedford Youth and Family Services (BYFS) has a strong commitment to supporting parents of children of all ages, in service to our mission of addressing *the social, emotional, and developmental needs of children, youth, adults and families in Bedford through programs and services that support and nurture*. Their offices in the Town Center building have pamphlets and resources on various parenting issues available in the area, and they also offer parent education workshops about relevant parenting topics, often in collaboration with Bedford Public Schools, Bedford Public Library, Bedford Police Department, the parent

associations, and other local organizations. Every other year BYFS publishes and distributes free of charge their award winning "Celebrating Parenting Weekly Engagement Calendar," a resource designed to offer general support and guidance about common parenting issues. Parents can pick up a copy now while supplies last.

To make it easier for Bedford parents to access resources in a timely fashion BYFS is adding a new **For Parents** section to their website. The goal is to provide parents quick tips about parenting and provide some

general guidance about how to address an issue with your child or help you help your child to solve a problem. The website will initially feature access to resources BYFS has created or offered to the community and whose information is still relevant. These resources include their "Ask BYFS" columns compiled for the BEST Newsletter and selected taped parent presentations through collaboration with Bedford TV and Youtube.

Other parts of the **For Parents** section will include parenting

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JGMS After School Program Fall 2013

**GIRL TALK
BABYSITTER
TRAINING
FITNESS ROOM
AFTER SCHOOL**

Attention parents of all students that will be attending the John Glenn Middle School in the Fall!

Bedford Youth and Family Services (BYFS) in collaboration with John Glenn Middle School is gearing up for another successful Fall After School program with a focus on the most popular activities: Babysitter Training with Joanna Daley, Girl Talk with Bedford High School student leaders, and Fitness Room After School with Justin Newton.

Activities begin the week of October 21st and the registration deadline for all programs is Wednesday, October 16th. Space is limited; be sure to sign up as soon as possible to secure your spot.

You can find our flyer and a registration form at: www.bedfordma.gov/youth (click on Youth Development). Flyers are also available in our office and at John Glenn Middle School Main Office.

Also, feel free to call Jessica Wildfong at 781-275-7727 ext. 262 or email at jessicaw@bedfordma.gov with any questions or concerns.



2013-2014 Youth and Family Services Committee:

Tom Pinney, Chair ♦ Kristina Philipson, at Large ♦ Alison Malkin, at Large

Caroline Fedele, Selectman Liaison ♦ Jeff Wardwell, Police

Ann Guay, School Committee ♦ Kevin Wormstead, Board of Health Liaison

Newsletter Credits:

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BYFS Staff Queries - Main Number: 781/275-7727

Sue Baldauf, Director, x263 - Counseling referrals or questions ~ General dept. questions ~ Community concern ~ Issue related to Violence Prevention Coalition, Bedford Community Partnership, Business Diversity Training, Progress Fund ~ Parenting Education Topic

Fran Stander, Administrative Assistant, x264 - General questions ~ General community & Resources ~ Job Match ~ Events & Press Releases ~ New Resident Packets ~ Volunteer Opportunities

Jessica Wildfong, Youth Development/Prevention, x262 - JGMS After School ~ Peer Mentoring ~ Youth Website ~ Other youth related issues - Alcohol, tobacco, or drug education ~ Diversion ~ Youth Risk Behavior Survey ~ Safe Homes ~ Fuel Assistance

Carla Olson, Safe Routes to School Coordinator, x260 most Thursdays

Ryan Lennon and Bill Linnehan, Veterans Agents, 781/275-1328 - Any veterans related question

Eliot Counselors: 781-275-7727 Julie Williams x261, Lynne Chapas x260; 978-369-1113 Kristen Herlihy x115, Julia Lawrence x161

Job Match - Applications on line or BYFS office

Students from middle and high school interested in working at jobs such as child care, yard work, snow shoveling or odd jobs may find a great job match with Bedford Youth and Family Services (BYFS).

Young people, who for a variety of reasons, including an after school commitment to sports, music or other school activity may not be able to work in the stores or private industry.

Bedford youth may register with Job Match. While some may be inexperienced, many are not. The younger youth want a little extra spending money and this opportunity gives them practice for the world of work to come. The older youth may enjoy the flexibility.

BYFS matches the student with an available job. We give residents who call us the names of a few students who are a

good match considering the resident's expectations and the youth's skills and time. The resident and the youth negotiate the rate of pay, depending on the job. Odd jobs have included helping out at home parties, light office work, and light house work.



Young people can complete an application online or download an application at www.bedfordma.gov/youth under "Links" on far left and then selecting Job Match Program or pick up a hard copy at our Town Center office.

Residents with a job can call our office at 781/275-7727 to be matched to students.

Beyond the Myths of Education... cont'd from page 1

Parents who attend will learn to:

- Identify Their Children's Gifts that Conflict with School™
- Explore paths of Great Leaders
- Re-think 3 Myths About Education that Hurt us All, especially Our Children

- Discover Factors that Matter Most for Your Student's Lifetime Happiness

This workshop on stress is being co-sponsored by Bedford High School, John Glenn Middle School, and Bedford Youth and Family Services. For more information about the workshop, contact

Bedford Youth and Family Services at 781-275-7727 or email sueb@bedfordma.gov

For more information about either the high school or the middle school Back to School nights, contact the respective school directly.

For Parents

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websites that offer sound parenting tips and guidance and print resources that BYFS staff and Eliot counseling staff have found helpful about different parenting topics. There is also a section to ask a general question or to confidentially email the Director.

Of course for more long-standing or serious problems BYFS always recommends consultation with your child's pediatrician, school

guidance counselor, or other professional. Please feel free to contact their office at 781-275-7727 for help with persistent problems, to ask about counseling services, or if you have general questions about the website.

Please check out **For Parents** at www.bedfordma.gov/youth and click on the "For Parents" link and let us know what you think!

**Look for our new
2013-2014 Parenting
Calendar available
now at our offices!**

Lexington/Bedford Veterans' District Breakfast

Veterans and community members from Lexington and Bedford are invited to attend the Annual Veterans' Breakfast on **November 2nd at 8:30 a.m.**

This event is presented by the Lexington Celebrations Committee and the Lexington Rotary Club and is being offered to the district for the first time this year.

Food will be provided by Neillio's Café and there will be a guest speaker. The Breakfast will be held at Kiehl's

Parish, 2001 Massachusetts Ave., Lexington, MA 02421.

Tickets will be available for purchase from September 16, 2013 to October 25, 2013 at the

Bedford Veteran's Office on Tuesdays and Thursdays between 8:30 a.m. and 4:30 p.m. Tickets will cost \$5.00 to cover the cost of catering and the Hall rental.

Contact information for the Bedford Veterans agent will remain veterans@bedfordma.gov or phone at 781-275-1328.

Save the Date!

**Bedford Veterans Day
Ceremonies**

**Monday,
November 11, 2013**

12 noon

Veterans Memorial Park

**Check local media or
contact 781/275-1328
for more details.**



Bedford/Lexington Veterans Services

781-861-0194, x27 Lexington

Monday-Friday 8:30-4:30 Lexington

781-275-1328 Bedford

Tuesdays & Thursdays 8:30-4:30 Bedford

Thank you to our Donors:

- American Legion
- Women's Auxiliary
- Anonymous (3)
- Bedford Motel
- Bedford Post Office Employees
- Bedford Schools Administration Employees
- Callahan's Kenpo Karate
- Cambridge Savings Bank
- Carleton Willard Village Resident's Association
- Carriage House
- Doubletree Bedford Glen
- First Parish in Bedford Social Responsibility Council
- Flatbread Company
- Michael & Lea Ann Knight
- Mettler Toledo
- Millipore Corporation
- Moison Ace Hardware of Bedford
- O'Malley and Colangeli CPA's
- Staples
- FWW Post 1628
- Whole Foods
- &
- The Residents of Bedford through your Taxes

Sign Up for Bedford's SAFE HOMES

The Safe Homes program is a support network for Bedford parents with children in grades 6-12 who are concerned about alcohol and drug use at pre-teen and teen parties and gatherings.

Through Safe Homes, we are encouraging parents of Bedford middle school and high school students to make a pledge that they will provide a safe environment for youth when they have parties or gatherings in their homes - safe from alcohol, drugs, firearms and other hazardous items.

The names of those who make the pledge will be included in the Safe Homes Directory - including the grade level of their child(ren), address and telephone

number. The Directory is mailed only to those who have made the pledge.

If you made the pledge last year, your name will remain in the directory, with an update to your childrens' grade levels, unless you request that it be removed.

If you have not already done so, you are encouraged to join the Safe Homes Program and make it clear that you are committed to providing a safe environment for teen parties and gatherings.

You can sign up online for Safe Homes by going to our website www.bedfordma.gov/youth

Go to the Prevention Services link and click on the box that says "Sign Up Online". You can also download the Safe Homes brochure and pledge form and mail it to Jessica Wildfong, Bedford Youth and Family Services, Town Center, 12 Mudge Way, Bedford, MA 01730.

Let's join together to keep all our youth healthy and safe.

For more information or questions about the Safe Homes Program please call Jessica Wildfong, Prevention Services Coordinator at 781-275-7727 ex. 262.



Online Screening - Stay Healthy!

You go to the doctor for checkups, so why not give yourself a free, anonymous mental health screening? Bedford Youth and Family Service offers screenings for depression, anxiety, alcohol, and eating disorders which can help you determine if you have a problem that requires further help.

Go to: www.mentalhealthscreening.org/screening/BYFS and take any of the quick and easy screenings.

What is Safe Routes to School and Why does Bedford participate?

Safe Routes to School (SRTS) is a federally funded initiative of the Massachusetts Department of Transportation (MassDOT). Over 600 elementary and middle schools, reaching over 270,000 students in Massachusetts currently participate. The goal of SRTS is to get more children bicycling and walking to schools safely on an everyday basis. This improves the built environment and increases opportunities for healthy physical activity for everyone.

Bedford has been a partner with the MassDot SRTS program since 2009. Bedford participates as one response to the alarming nationwide trend toward childhood obesity and inactivity, along with concerns for traffic congestion and the environment. For example: in 1969, approximately 50 percent of children in the U.S. walked or bicycled to school, with approximately 87



percent of children living within one mile of school walking or bicycling. Today, fewer than 15 percent of schoolchildren walk or bike to school.

As a result, kids today are less active, less independent and less healthy. In 2009, U.S. families drove 30 billion miles to take their children to and from school, at a cost of \$5 billion in fuel. During the morning commute, driving to school represents 5-7 percent of miles driven and 10-14 percent of traffic on the road. The Bedford SRTS program is actively looking to reverse these trends. Our webpage: Bedford in Motion/Healthy Bedford, found at: www.bedfordma.gov/BedfordInMotion

offers education and encouragement on how to incorporate healthy active living into your day, offering topics and dialogue on a spectrum of quality of life issues. You can find links to trails and maps in Bedford, along with links to videos on how to help your student learn pedestrian and bicycle safety skills.

Meanwhile, mark your calendar for the following SRTS EVENTS 2013-14:

Wednesday, **October 9th** - International Walk and Bike to School Day!

Wednesday, **May 7th** - Massachusetts Walk and Bike to School Day!

Questions? Visit our webpage:

www.bedfordma.gov/BedfordInMotion or email Healthy Bedford Coordinator Carla Olson at healthybedford@bedfordma.gov