

Bedford Youth & Family Services

Fall Newsletter
September 16, 2011

Town of Bedford, Town Center, 12 Mudge Way, Bedford, MA 01730-2171

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Web Site www.bedfordma.gov/youth



Special points of interest:

- *Parent Education Series*
- *Bedford in Motion*
- *JGMS After School Program - Fall 2011*
- *Youth and Family Services Committee 2011-2012*
- *Safe Routes to School*
- *Parenting Calendars Available*
- *Bedford Veterans*
- *Youth and Family Services Donors*
- *Safe Homes - Fall 2011*
- *America's Promise*
- *Bedford Families Unplugged*



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Parent Education Series Fall 2011

The office of Bedford Youth and Family Services has coordinated a series of programs to provide education and support about the social and emotional issues parents may face when raising children. From **Bullying and Cyber Bullying** to **Parental Expectations** we hope you will make a point to join us. Some offerings have an RSVP so be sure to contact us! Mark your **2011-2012 Parenting Calendar** with the following dates!

The upcoming fall workshops include the following:

Bullying and Cyber Bullying: Prevention in Schools and Communities on Thursday, September 22, 2011 at 6:00 p.m. with Nina L. Pomponio at the John Glenn Middle School. This offering has been scheduled as part of the

JGMS Open House night to help parents to understand this mandate. With an emphasis on when bullying becomes criminal, the cyber component of bullying is also explored as well as how this legislation impacts our schools.



Parental Expectations! Your 18 Months to 3 Year Old in Their Thinking Stage will be offered Tuesday, September 27, 2011 with Kathy Bowen from 7:00 - 9:00 p.m. in the Town Center Building Flint Room.

NOTE: RSVP IS REQUIRED: ParentEd@BFCToday.com

Assisting your child during this age is challenging for parents and children. Using individual, one on one and group work participants

will review the developmental expectations of their child and learn skills to practice at home.

APPLAUDD is being offered as a 4-Part Workshop Series on Wednesdays, October 5, 12, 19 and 26 from 7:00 - 9:00 p.m. in the Bedford Town Hall Auditorium presented by Marilyn Belmonte.

NOTE: RSVP & Questions to Bedford Youth and Family Services at 781/275-7727.

This is a prevention program for parents of children grades 5-12 to learn about underage drinking and drugs. Among the topics parents will participate in are the effects drugs and alcohol have on

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Bedford in Motion to be Launched!

The Bedford Youth Task Force has been awarded a 2011-2012 MiniGrant of \$6,000 from the Northwest Suburban Health Alliance (CHNA 15) for the project "Bedford in Motion." "Bedford in Motion" is a wellness initiative tied in with new statewide data collection of BMI (Body Mass Index) rates for school children and proposes to establish an ongoing means of communication with community members, adults, and children relative to this issue. The grant award letter noted that the Bedford proposal "reflected a significant concern in society today" and recommended funding without reservations.

The grant application noted that the 2010-2011 school year is the

first year the Bedford Public Schools are collecting BMI data for grades 1, 4, 7 and 10 in response to the new state regulation. Even given the access to school sporting programs, a robust Recreation Department docket, the presence of walking trails and a bike path, two grocery stores and a summer farmers' market selling healthy fruits and vegetables, and an educated population as a whole, the preliminary BMI data from Bedford looks to be in line with past statewide data showing over 20% of our students with a BMI reflective of being overweight or obese.

Through this grant the Youth Task Force is looking to impact these results by establishing a website that will be a repository of

information and ideas for improving health and wellness, promoting physical activity, and educating on healthy eating and

Safe Routes to School
Coordinator Carla Baer can be reached at 781/275-7727
or
saferoutes@bedfordma.gov

exercise. The hope is to make this a website that Bedford community members and members of surrounding cities and towns can access to learn about healthful activities available in their own backyards.

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JGMS After School Program Fall 2011

**SHOOTING &
EDITING FOR TV!**

GIRL TALK!

WORDSMITHS!

**BABY SITTER
TRAINING!**

Attention all students that will be attending the John Glenn Middle School in the Fall! Bedford Youth and Family Services 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 including Girl Talk with our high school student leaders, Wordsmiths with Lisa Fontaine-Rainen, Babysitter Training with

Carol Eaton, and our always popular Shooting & Editing for TV with Madeleine Altman and Greg Dolan of Bedford TV.

The registration deadline for all programs except Shooting & Editing for TV is October 18th. The registration deadline for Shooting & Editing for TV is November 19th. Space is limited; be sure to sign up as soon as possible to secure your spot.

Flyers and registration forms are available at:

www.bedford.ma.gov/youth (click on Youth Development), in our office and at the JGMS Main Office.

Also, feel free to call Jessica Santos at 781/275-7727 x262 or email at jessicas@bedfordma.gov

2011-2012 Youth and Family Services Committee:

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

Cathy Cordes, Selectman Liaison ♦ Jeff Wardwell, Police

Noreen O’Gara, School Committee ♦ Kevin Wormstead, Board of Health Liaison

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Safe Routes to School - Wednesday, October 5, 2011 is International Walk and Bike School Day

Get Ready: International Walk and Bike to School Day, 2011 is Wednesday, October 5!



Join millions of students, parents, teachers and community leaders from over 40 countries as they walk and bike to school - all hoping to create communities that are safe places for residents to walk and bike, and celebrate the many benefits of living an active lifestyle.

International Walk and Bike to School Day is more than getting together with children and going for a walk to school as a “special event”. This is certainly fun and valuable, but the event’s greater aim is to bring forth permanent change in our communities.

Goals Include:

- Encouraging physical activity by teaching children the skills to walk and bike safely, to identify the safe routes to school, and to help students reach the 60 minutes of physical activity recommended daily.
- Raising concern for the environment and reducing gas consumption.
- Reducing traffic congestion and improving air quality and safety near schools.
- Building community and social skills through spending time with community leaders, neighbors, parents and children.

Bedford will be participating in this, and related events. For more information on how you can participate, watch your school newsletter, check the Bedford in Motion

Website on the Town Web Page under “Community”, or contact Safe Routes to School Coordinator Carla Baer at saferroutes@bedfordma.gov.

Parenting Calendars Available!

September 2011- August 2012

First Come, First Served, One per Family to Bedford residents

Available at Bedford Day, School Open Houses, Parent Education events and BYFS Offices at Town Center Building, 2nd Floor, the yellow building behind Town Hall

Veterans Agent Fred Gordon Office Hours



Monday - Friday 8:00 a.m. to 4:00 p.m. Extended hours: Thursdays from 4:00 to 7:00 p.m. For persons unable to make standard Town business hours, Direct Phone is 781/275-1328. In the event of an emergency during normal business hours and Veterans Agent is off site, please proceed to BYFS, Room 237 down the hall. If outside of normal business hours, you may also call and leave a message for the Veterans Agent at 781/275-1328

**Parenting Education Offerings
cont'd from page 1**

academic potential, communication skills, experimentation, laws and protective factors.

Parent Book Discussion will be lead by Rob Ackerman on Thursday mornings in late fall at Job Lane School. Watch for information in the fall and call 781/275-7606 for up-to-the-minute information.

Parental Expectations! Your 3 to 6 Year Old in Their Identity and Power Stage will be offered on Thursday, October 20, 2011 with Kathy Bowen from 7:00 - 9:00 p.m. in the Town Center Building in the Flint Room.

Note: RSVP IS REQUIRED: ParentEd@BFCToday.com

Helping your child establish an individual identity, and figure out their role in relationships with others is the

developmental stage. Using individual, one on one and group work participants will review the developmental expectations of their child, assist with helpful and unhelpful parenting behaviors to interact with their child as well as skills to practice at home.

All events sponsored by Bedford Youth and Family Services (BYFS) are free though contributions are always welcome and are part of a year long series coordinated by BYFS in conjunction with the school parent associations, police, and several local groups. Questions about the series may be directed to 781/275-7727.

MARK YOUR CALENDARS



Bedford in Motion cont'd from page 1

A subcommittee of the Bedford Community Partnership, the Youth Task Force is linked to the 5 promises communities make to their youth to be successful and is comprised of town representatives from those key promise areas - Caring Adults (Youth and Family Services), Safe Places (Police), a Healthy Start (Board of Health), Effective Education (Bedford Public Schools), and Opportunities to Help Others (Recreation Department).

Youth and Family Services will provide administrative oversight for the grant in conjunction with the Board of Health and will be working closely with the Bedford Public Schools and school nurses as well as local pediatricians.

For more information about the grant please contact Safe Routes to School Coordinator Carla Baer at: 781/275-7727 or saferoutes@bedfordma.gov.

Thank you to our Donors:

- American Legion Post #221
- American Legion Women's Auxiliary
- Anonymous (4)
- Bedford Car Wash
- 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 Café
- First Parish in Bedford
- Social Responsibility Council
- Fuji Film
- Flatbread Company
- Michael & Lea Ann Knight
- Mettler Toledo
- Middlesex Bank
- Middlesex Savings Bank Employees
- Millipore Corporation
- Moison Ace Hardware of Bedford
- O'Malley and Colangeli CPA's
- St. Paul's Church
- Staples
- VFW Post 1628
- &
- The Residents of Bedford through your Taxes



Safe Home Pledges Due by September 30th



The Safe Homes program in Bedford began several years ago as a way for families with children in Grades 6-12 to agree to provide a safe, alcohol and drug free environment. It started as one way to address concerns about underage drinking parties.



This year we have again made it possible for parents to sign up on line 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 flyer and pledge form and mail it to Bedford Youth and Family Services, Town Center, 12 Mudge Way, Bedford, MA 01730

Participating families receive a booklet containing contact information of others who have joined. Let's join together to keep all our youth healthy and safe.

Questions? Contact Jessica Santos, Prevention Services Coordinator at 781/275-7727 x262.

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 Ed. Topic ~ WIC

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

Jessica Santos, 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 Baer, Safe Routes to School Coordinator, x260 most Thursdays

Fred Gordon, Veterans Agent, 781/275-1328 - Any veterans related question

Eliot Counselors: Debby Hardy & Kate Imhoff x261, Lynne Chapas x260



America's Promise 2011 Finalist - 100 Best Communities for Young People - Watch for Future Announcements

Bedford Families Unplugged is Wednesday, November 9th

The Bedford Community Partnership (BCP) invites you to join us in supporting the "Bedford Families Unplugged" program by keeping an unscheduled, meeting and activity-free evening **Wednesday, November 9, 2011.**

Try adding more connection to your life in the month of November with the Bedford Families Unplugged Calendar. Bedford Families Unplugged is an awareness campaign and a reminder that there is more to life than what is on the other side of a plug.



Initiated by the Bedford Community Partnership in October 2004 and supported by the Bedford Selectmen and Public Schools, this event boasts a long list of endorsers and supporters.

The highlight of the month is Wednesday, November 9th when Public School students will have no homework or evening sports and the School and Town will schedule no evening meetings.

Parents are encouraged to be home for dinner and families can have a night off from their respective "daily grinds" for engagement and fun.

The complimentary Unplugged calendar for the month of November is available at Youth and Family Services office at Town Center, Bedford Public Library, and Town Hall (Town Clerk's office).

Downloading?

www.bedfordma.gov/youth or
www.bedford.k12.ma.us

Questions? Sue Baldauf
781/275-7727 x263