



THE VIRTUAL TIMES



FROM THE PRINCIPAL'S DESK...

This week marks an impossibly difficult time for our school community as we reflect on the tragic loss of Ava Wood a year ago. Students lead the charge and planned to wear pink shirts and the number 19 in memory of their classmate. Today, we provided structure and normalcy for students, but were prepared to offer additional supports to any student in need. We were fortunate to have Mrs. Fabbri and her therapy dog Frankie join our student support team today and it was wonderful to have them. Students in need were given space, time, and support from our Social Worker Mrs. Truley and our Counseling Team. We will continue to offer necessary supports to any student who is grieving or struggling in any way in the coming days. We are including some information in additional pages of this week's Virtual Times for your reference, should you need any help supporting your kids at home. As this loss will continue to be difficult, I must also note there has been tremendous healing for our school community, and I want to close this week, by sharing words from Ava's family. Please reach out if you or your students need anything and thank you for your continued support of our amazing kids!

A Statement from Ava's Family:

Thank you for the continued outpouring of love for Ava. Over the last several months, it has been an incredible experience to witness the impact that Ava's life has had on people here in Central New York and around the world. The memories you've shared on social media have made us smile and reminded us of how incredible Ava truly was. We want to encourage you to continue honoring Ava's life in your words and actions. Smile - even when it's difficult. Laugh - loud and often! Be kind and inclusive - everyone is going through something, and your kindness might change the course of their life for the better. Soak up every moment and remember that the most important gifts in life are family and friends. If you would like to donate to the Ava Wood Memorial Scholarship, you can do so at <https://bit.ly/ava-wood-fund>. We are grateful for your generous support. It's been an honor to get to know our inaugural scholarship recipient, and we look forward to the opportunities this scholarship will create for years to come.

Gratefully,

Kris

Kris H. Denton, Principal



QUICK LINKS

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[Fundraising](#)

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IMPORTANT UPDATES



Next week brings us to the end of the 2nd marking period and the first semester for Baker students. Second semester begins on January 29th. Some students will be taking Regents this week (all families have been contacted) during school hours. Half year courses might have finals this week, and other courses are having midterms. Check progress on school tool and look for communication from your teachers.



Our honors voice and instrumental students had their recitals the week of 1/8. See their amazing work here --> [Vocal](#) + [Instrumental](#) (Thank you to Pac-B for attending)

SAFETY FIRST



Reminders:

No students should be dropped off by the crosswalk on East Oneida Street - near the main campus.

Families should be following the drop-off procedures that were communicated since the beginning of the year.

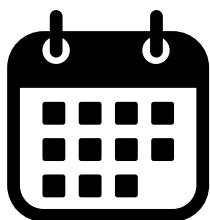
Please use caution and obey traffic laws when driving near all crosswalks in school zones.



Members Wanted: Check out the QR code [on the PTSA page to become a member.](#)




Check it out: This edition also includes information on a new club, celebrations of student financial aid, Junior Parent Night, and scholarship and college fair information.



Upcoming Events

- Jan 23-26 - Regents Exams
- Jan 26 - End of MP 2
- Jan 30 - Company B and Exit 11 concert
- Jan 31 - 6pm Community Cafe
- Feb 1 - Junior Parent Night
- Feb 5 - Combined chorus concert with Westhill
- Feb 7 - Baker HS Band and Orchestra Concert
- Feb 19-23 - Break

Community Cafe




Wednesday, January 31, 2024
6 to 8 p.m.
C.W. Baker High School
Cafeteria

**Topics: Funding Improvements
and Building the Future**

SHARING IDEAS &
PERSPECTIVES ON IMPORTANT
TOPICS IMPACTING OUR
SCHOOL COMMUNITY

JOIN US



Registration Required
Link available on www.bville.org



THE STUDENT SECTION



Congratulations to the 34 music students at Baker High School selected to perform in the 2024 Senior High All-County Festival hosted at Liverpool HS this weekend.

Band: Vincent Bagan, Ethan Haahr, Alex Jurkiw, Stephen Pisacano, and Rey Quiroz.

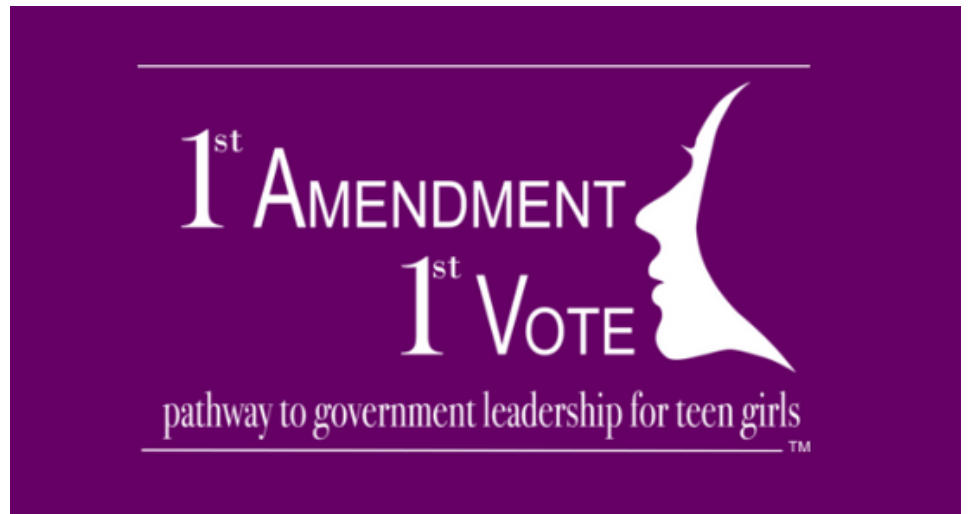
Orchestra: Cole Christman, Nia Delardi, Chloe Deshaies, Abigail Mantione, Jayden Miranda, and Nianah Roux.

Choir: Eliza Baker, Miranda Barnard, Colin Campbell, Zoe Coudriet, Colin Demarest, Ben Esek, Blaisha Flores, Natalie Herman, Averi Horton, Cate Johnson, Lundy Langstaff, Bailey Lewis, Calleigh Lockwood, Chase McElyea, Avery Medwid, June Moore, Corinne Parker, Lexi Quimby, Kasey Schwartz, Olivia VanBuren, and Zachary Woods.

NEW CLUB!

1st Amendment-1st Vote, Inc offers high school girls a non-partisan opportunity to engage in the democratic process, and to imagine themselves in elected office or professional government-related positions.

Please email
jhempson@bville.org
if interested



Multiple groups from Baker High School were able to attend an event on Wednesday, 1/18, at the Air National Guard Base. Thank you to Mr. Rosen and Mr. Hudson and all of the chaperones for making this event happen!

Do you know a student who had a major accomplishment outside of school? Share with Mrs. Medwid - jmedwid@bville.org. We would love to feature it here on the page.



COUNSELING OFFICE UPDATES

ATTENTION JUNIOR PARENTS:

SAVE THE DATE

Junior PARENT INFORMATION NIGHT will be held on Thursday, February 1st at 6:30pm in the Baker High School Auditorium.

School Counselors will go over information that will help students get ready for their senior year. We will also have college admissions representatives from Onondaga Community College, LeMoyne College and SUNY Oswego to present college preparation information. Counselors will present information to students in Junior Seminar the following week. Please reach out to the Counseling Office if you need additional information.



2024-25 Student Schedules

Counselors are currently meeting with 10th grade students to schedule for next year. Juniors will follow. Please [CLICK HERE](#) to review the course catalog. Students are expected to select 6.5 credits. Please note there may be a few new classes added to the course catalog that we will discuss with your student. Please contact your student's school counselor with any questions.

CLICK HERE FOR ADDITIONAL FINANCIAL AID UPDATES

INFORMATION FROM HESC FOR THE TUITION ASSISTANCE PROGRAM AND OTHER FASFA NEWS

FASFA INFORMATION:

The FAFSA will be available for students/parents to fill out before December 31, 2023. You can get your FSA ID NOW so you are ready to go when the site is active.

CLICK HERE



IMPORTANT!

***DO NOT USE BVILLE.ORG EMAIL**

***YOUR EMAIL ADDRESS AND MOBIL PHONE NUMBER CAN ONLY BE ASSOCIATED WITH 1 ID. THE STUDENT MUST MAKE THEIR OWN FSA ID**

SCHOLARSHIP OPPORTUNITIES:

Scholarship notifications are posted outside of the CRC and updated on google classroom. Mrs. Marra in the CRC can help you find scholarships that you qualify for. Anything from the Virtual Times is [archived here](#).

PERMIT TEST

Thinking about taking your permit test? It's free in the CRC! Stop in or email the CRC to schedule an appointment and pick up a study booklet.

CONTACT US:

Counseling Office
[Webpage](#)
315-638-6028/6027



BEREAVEWHAT?

The Grieving Process:

Bereavement is the journey we take as we deal with the feelings associated with grief. There is no "right" way to grieve. And how long it takes and how intense it feels depends on a number of factors:

Individuality & personality



How each person understands and responds to loss and grief is different. People are unique in the way they work through their feelings. That means no two people do it exactly the same way.

How important the loss is



Aunt
who?

The loss of a distant relative might not be as painful as when a close family member moves or dies. Undergoing a new loss may also cause people to reexperience the intense feelings from previous losses.

The number of losses that happen within a period of time



A person will likely have more difficulty dealing with feelings if many losses happen within the same period of time. For example, if a person experiences the death of a family member, a move to a new school, and the loss of a pet, that person may experience more intense feelings of loss.

Other factors that affect grief are:

- ★ The culture we live in
- ★ How our own family deals with change
 - ★ Religious beliefs
- ★ How suddenly the change occurs
 - ★ How we feel about ourselves
- ★ The circumstances surrounding the change



Our journey through grief is a lot like homework. If we don't do it, the homework just builds up, and then we have so much to do that it becomes overwhelming. If we deal with our grief on a daily basis then it won't build up. And we can work through the unpleasant feelings and still live a rewarding and meaningful life.



Besides feeling bad, Grief can also cause significant changes in behavior and overall health.

Here are a few common examples:

Significant Changes in Appetite
(both up or down)



Significant Changes in Sleeping Patterns

(not being able to sleep or wanting to sleep all the time)



Feeling Unusually Anxious or Tense

Headaches



Crying

Unusual Fatigue (exhaustion)



Apathy (emotional numbness; having an "I don't even care" attitude)

Unusual Mood Swings (feeling okay one minute and totally down in the dumps the next)



Low Resistance to Illness (that means getting sick easily from every germ that comes your way)

Angry Outbursts (over little things or even directed at the person or thing that was lost) People often become angry when they feel abandoned or feel that others have "let them down."



Difficulty Concentrating

Hyperactivity (having too much energy or needing to be constantly in motion)

Depression (not being able to even imagine that things might someday get any better)



Helpful Ways of Dealing With Grief and Trauma

It is helpful to remember that feelings aren't right or wrong, good or bad — they just are. Feelings don't always make sense and we can't always explain how we feel. What IS important is to simply allow ourselves to experience the feelings.

Here are some helpful ways of dealing with painful feelings:

Feel, Feel, Feel...



When we are sad, it is better to allow ourselves to feel sad instead of just thinking about it. By feeling our grief, we go through our journey, instead of around it.

Talk, Talk, Talk...



Talking to friends, family members, teachers, religious leaders, coaches, and counselors can help express feelings and make us feel less lonely. Talking can also help us think more clearly so that we're able to make better decisions about the things in our lives.

Write, Write, Write...



Putting feelings into words while keeping a diary or journal can help us understand ourselves better. Writing poetry is another good way to express feelings. We also can get a sense of how much we've grown by rereading passages and comparing how we used to feel with how we feel now.



Be Creative

Expressing ourselves through gardening, drawing, painting, music, dancing, or making something can also help us work through our feelings.



Exercise

Physical activity is a healthy way to use up the "extra energy" that comes from the anger and frustration we can feel when grieving.



Help Others

Volunteering time and energy to help others can, in turn, help us feel better too.

Grieving well is important because if anger and depression are not resolved, they can resurface later in a more intense way. Grieving well allows us to adjust to loss and change and still go on to live a full and happy life.



Scholarship Program

James Suriano & Wayne King Community Service Scholarship

One scholarship opportunity to be awarded to a graduating high school senior or currently enrolled college student in a two- or four-year accredited educational institution.

1 Scholarship Winner - \$5,000 for up to 4 years.

Deadline: 2/29/2024

NYCUA Scholarships

Graduating high school students who are attending a two- or four-year accredited educational institution or a trade/vocational school are eligible to apply!

Up to 25 Scholarship Winners - \$1,000 each. Opportunity to be awarded additional scholarship by NYCUA as part of your submission. Contact SFCU for verification code.

Deadline: 01/05/2024

Just another way SFCU is supporting the communities we serve and maintaining our commitment to financial wellness and education.

Apply Now

 877.642.7328

 scholarships@sidneyfcu.org

 sfcuonline.org/scholarships

Membership eligibility required

SPRING 2024

NACAC National College Fair Syracuse

NACAC
National
College Fairs

Monday, March 18

5 p.m. - 7:30 p.m.

Tuesday March 19

9 a.m. - 11:30 a.m.

J. Pirro Convention Center
Syracuse, New York



REGISTER NOW!
nacacattend.org/fairs

Lockheed Martin
STEM Scholarship

Lockheed Martin's STEM Scholarship program awards up to 100 renewable **\$10,000** scholarships to students pursuing a bachelor's degree in engineering, computer science, math, and physics fields!

We're looking for passionate students who demonstrate financial need and come from an underrepresented group or underserved community.

Eligible students must be U.S. citizens, and seniors in high school or undergraduate college students (freshmen, sophomores, or juniors).

Application deadline
April 1, 2024 at 3:00PM CT

To learn more and apply, visit
lockheedmartin.com/scholarship



Lockheed Martin
Vocational Scholarship

Lockheed Martin's Vocational Scholarship program is awarding **\$5,000** to up to **150 students!**

We're looking for students of all ages who are preparing for careers in technology, engineering, and advanced manufacturing at a U.S. accredited community or technical college.

Eligible students must be U.S. citizens pursuing an associate degree, credit-bearing certificate, or industry-recognized credential.

Application deadline
April 1, 2024 at 3:00PM CT

To learn more and apply, visit
lockheedmartin.com/vocational





Help the PTSA help Baker!

What do we do?

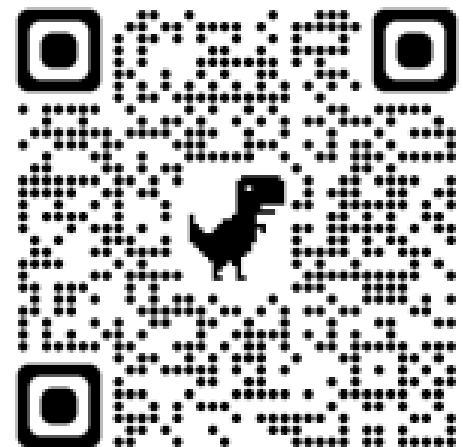
- Support and recognize the staff throughout the year
- Support all students to make it the most successful year

What do we support?

- Beeful Pantry
- Beeyoutiful Boutique
- Wellness Day
- Baker Staff
- KBR party after the ball for our seniors

What can you do?

- Become a member and receive 10% discount on all MemberHub fundraisers
- Support our fundraisers
- Attend a meeting and share your ideas
- Volunteer your time



Got questions? Email us at cwbptsa@gmail.com



Baker High School CONTACT INFORMATION

Counseling + Educational Support Staff

Counselors - 315-638-6027

David Mancini
(10th - A - B; 11th - A - Crt; 12th A - Chq)
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School Social Worker
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Meredith Truley
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12th Grade Assistant Principal
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Secretary
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Secretary
Jill Doerger
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Secretary
Gen LaPoint
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Attendance 315-638-6003 - Tiffany Dixon (TDixon@bville.org)

Health Office

315-638-6018

Tony Mastracco
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Heather Awwad
hawwad@bville.org

SAVE THE DATE:

KEY EVENTS ON OUR CALENDAR

2024

JAN 23-26 - REGENTS EXAMS
FEB 1 - JUNIOR PARENT NIGHT
MAY 6-17 - AP EXAMS
MAY 7 - CULTURAL FEST
MAY 18 - JUNIOR PROM
JUNE 1 - SENIOR BALL + KBR
JUNE 4, 14, 17-26 - REGENTS EXAMS
JUNE 22 - GRADUATION



The Baker High School daily announcements can be viewed at any time by students and parents by [clicking here](#). This link can also be found at the bville.org website > schools > Baker High School > Daily Announcements.

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Join Us!



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@baldwinsvillecentralschools



@BCSDBEES



Visit our
website at
www.bville.org



For BCSD news, important information from our Superintendent, our District Directory and to view our online event calendar, visit our website.

ParentSquare



ParentSquare

The District uses ParentSquare to regularly communicate with families via email and phone. Please make sure you up-to-date contact information on file with your child's school and check your email and ParentSquare app for important updates.