

PARENTS' PAGES

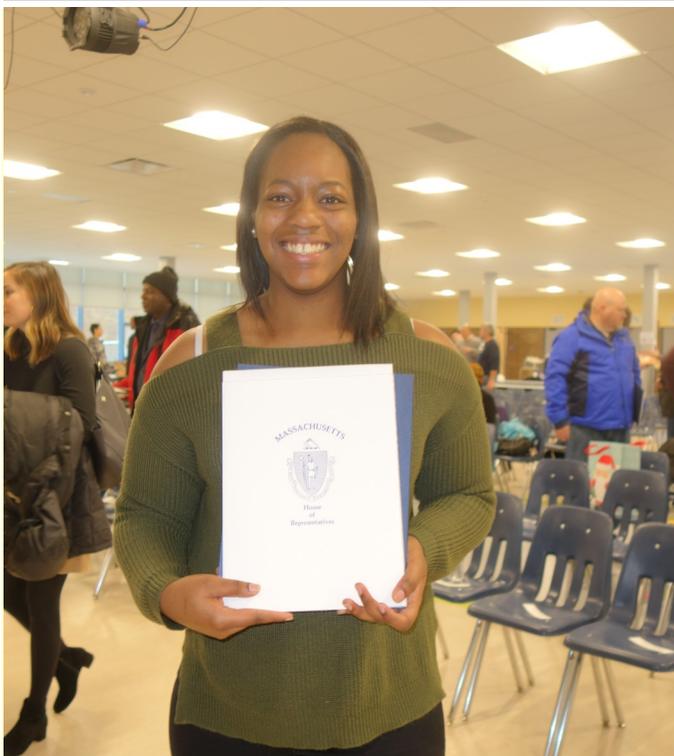


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ISSUE 2

BHR'S 52 ADAMS SCHOLARS HONORED



Fifty-two recipients of the John and Abigail Adams Scholarship in the Class of 2020 at Blue Hills Regional Technical School were honored recently at a ceremony at the school attended by administrators, staff, friends and family members, Blue Hills Regional District School Committee Chair Thomas R. Polito, Jr., of Dedham, and legislators from Blue Hills' nine-town district which is comprised of Avon, Braintree, Canton, Dedham, Holbrook, Milton, Norwood, Randolph and Westwood.

The distinguished guests included Sen. Walter F. Timilty, Rep. William C. Galvin and Sen. Mike Rush. Ms. Summer Ordaz, aide to Rep. William J. Driscoll, Jr., attended in his absence. Mr. Brandon Pelchat, aide to Rep. Paul McMurtry, attended in his absence.

According to the website of the Massachusetts Department of Elementary and Secondary Education, to qualify for the Adams scholarship, Class of 2020 students must receive a score of 260 or higher on one of the following MCAS tests – Grade 10 ELA, Grade 10 Mathematics, high

school STE (Biology, Chemistry, Introductory Physics or Technology / Engineering), and earn a score of 240 or higher on the other two tests. Additionally, students need to "have combined scores from the three MCAS tests that place them in the top 25% of students in the graduating class in their district."

The event program from the Blue Hills Regional ceremony states, "This scholarship offers four years of tuition credits for full-time students attending any University of Massachusetts campus or any state or community college."

Blue Hills Superintendent-Director Jill Rossetti welcomed the students and the audience saying, "These students have truly gone above and beyond in terms of scholarly excellence. This award is proof of their diligence, capability and willingness to strive for the highest intellectual standards and meet them."

After introductory remarks by Principal Geoffrey Zini, Academic Director Paul Bavuso gave the keynote address. He described the robust support network that John Adams had, headed by his wife, Abigail, and reminded the students that they did not attain the distinction of being Adams scholars all by themselves.

"Think about someone who helped you along the way," Dr. Bavuso exhorted them. "Learn from as many people as you can."

In photo, student Shakhya Flambo is beaming after receiving her Adams Scholarship.

PLEASE NOTE:

Spring sports mandatory registration is open on Family ID.

News About April 2020 Peru Trip

There is a mandatory meeting for all travelers and their parents on March 26 at 6:00 p.m. in the cafeteria. 62 students are leaving for Lima, Peru, on 4/17 with a special trip to Cusco, the Sacred Valley and Machu Picchu returning 4/25. The Booster Club supported the group with their transpiration costs to and from Logan Airport. There are eight teachers—Ms. Bearnse, Mr. Cleggett, Ms. Hedges, Ms. Lovell, Ms. Titus, Mr. McGrath, Ms. Peach and Mr. Winchell—accompanying this group and many plans are underway for a fun and safe adventure to one of the Seven Wonders of the World (the ancient Lost City of the Incas). Any questions, please see Ms. Peach.

PARENTS' PAGES

- BHR District School Committee Members:
- Francis J. Fistori.....Avon
 - Eric C. Erskine, Vice Chair.....Braintree
 - Aidan G. Maguire, Jr.....Canton
 - Thomas R. Polito, Jr., Chair Dedham
 - Michael C. Franzosa,Secretary Holbrook
 - Matthew P. O'Malley.....Milton
 - Kevin L. Connolly.....Norwood
 - Marybeth Nearen.....Randolph
 - Charles W. Flahive.....Westwood

Jill M. Rossetti
Superintendent-Director

Geoffrey L. Zini
Principal

Michelle D. Resendes
Business Manager

Judy Bass
Editor



Mrs. Nearen of DSC Is Honored



Marybeth Nearen of Randolph was recognized for her distinguished service to the Blue Hills Regional District School Committee (DSC) as its chair for two consecutive school years at its meeting on December 3, 2019.

Chair Thomas R. Polito, Jr. of Dedham presented her with a handsome plaque adorned with a gavel.

Mrs. Nearen was DSC chair during the 2017-2018 and 2018-2019 school years. She was only the third woman to be on the DSC in Blue Hills Regional's fifty-plus-year history, and she was just the second female chair.

She brought considerable experience to her role, including being the Randolph School Committee's Chair of Policy, Vice Chair and Chair, all between 2006 and 2012. Mrs. Nearen was first elected to the Blue Hills Regional District School Committee in 2012, and served on the School Committees of both Randolph and Blue Hills Regional for one year until December 31, 2013. She was formerly Secretary and then Vice Chair of the Blue Hills Regional DSC. Her DSC colleagues elected her to be chair on July 11, 2017.

Significant changes took place at the school during Mrs. Nearen's tenure at the top, especially the start of a major renovation project that began in June 2018 and is presently nearing its conclusion, and the selection of a new superintendent. Blue Hills Principal Jill Rossetti was appointed to the position in June 2019.

Mrs. Nearen and her husband, Paul, are former Blue Hills Regional parents. They have three adult daughters who graduated from the school - Melissa, Kathleen and Christine all continued their education beyond high school and are now successful professionals in their respective fields.

"I'm happy about the work that we do [on the DSC]," Mrs. Nearen reflected. In addition to the building renovation, which was green-lighted by the Massachusetts School Building Authority (MSBA) and then approved by the school's nine member towns (Avon, Braintree, Canton, Dedham, Holbrook, Milton, Norwood, Randolph and Westwood) which she terms "a huge accomplishment," she cited other milestones the DSC achieved such as revisions to the Blue Hills Regional policy book that took two years to complete ("That's our bible"), the 2019 superintendent search, and the creation of new policies.

Above all, Mrs. Nearen did her job with humility (she calls herself "a servant of the assembly"), an abiding sense of purpose, a spirit of collaboration, and an intense desire to always do what was in the students' best interest.

In photo, DSC Chair Thomas R. Polito, Jr. of Dedham presents Marybeth Nearen of Randolph with a plaque recognizing her service as DSC Chair.

SCHOOL CALENDAR

MARCH 5 Progress Reports

11 College Admissions Night
6:30 p.m.

12 ASVAB 8:00 a.m.

14 SAT

19 Acceptance Reception
6:00 p.m.—7:00 p.m.

20 Professional Development Day—No School

24-25 ELA MCAS Sess 1 and Sess 2 11:55 a.m, Senior Arrival

APRIL 2 In-service 10:40 a.m. Arrival

3 Term 3 ends

8 Credit for Life Fair

9 Advisory Board Dinner
5:30 p.m. / Report Cards

10 Good Friday—No School

20 Patriots Day—No School

20-24 School Vacation Week—No School

MAY 2 SAT & Incoming Assessment

4 US Gov AP Exam 8:00 am

6 English Lit AP Exam 8:00 a.m.

7 DVC Senior Art Show 5:30 p.m.

13 English Lang AP Exam
8:00 a.m.

15 Computer Science Principles AP Exam 8:00 a.m.

16 Incoming Assessment

19-20 MCAS Math Sess 1 and Sess 2 11:55 a.m. Senior Arrival

21 Senior Awards Night 6:30 p.m.

22 Prom and In-service 11:00 a.m. dismissal

25 Memorial Day—No School

Dr. Lester Hartman Warns Students About Vaping



If students at Blue Hills Regional Technical School thought that smoking, vaping and JUULING were just harmless pastimes, they got quite a wake-up call on January 27 from guest speaker Dr. Lester Hartman, who made the potential health risks of such behavior very clear to them.

"I hope Dr. Hartman convinced at least one or more students **not** to start vaping," said Blue Hills Superintendent Jill Rossetti. "In follow-up sessions in their programs, students and teachers were discussing things they learned about regarding the dangers of nicotine, vaping, and addiction. Education is key to understanding the health consequences associated with vaping better. We hope these conversations continue at home so our students make good choices moving forward."

According to his biography, "Dr. Lester Hartman has been a pediatrician for 32 years and is currently the senior partner at Westwood-Mansfield Pediatric Associates. He is a Mass General Hospital researcher who has focused on youth and tobacco as well as advocacy work to raise the tobacco purchase age to 21 years old. He co-wrote a resolution on the age increase which is now endorsed by the 55,000 pediatricians of the American Academy of Pediatrics."

You need look no further than his car to know that Dr. Hartman feels extremely strongly about this topic. His vehicle is adorned with large, neon-yellow signs that say, for example, "VAPE NOTHING!" and "Join JUUL, Become a Future Lab Rat," a message accompanied by a picture of a menacing black rodent.

What he told the students that day can be encapsulated in a few words: "E-cigarettes are no safer than cigarettes. It is not even an alternative. Vaping and tobacco are no different."

Dr. Hartman's presentation featured dramatic video clips that underscored his point, such as one that showed executives from the major tobacco companies testifying on Capitol Hill and all firmly stating that in their opinion, nicotine is not addictive.

Smoking "is the most common cause of preventable death in America today," Dr. Hartman told the audience. "Five hundred thousand people every year die of tobacco-related deaths."

He noted that the manufacturers of smoking products stealthily target young people with their advertising pitches, eager to get them hooked while they are still at an impressionable age and the part of their brain that controls judgement – the prefrontal cortex - is still in its formative stages.

"You're getting screwed," Dr. Hartman admonished them, saying firmly, "You're the lab rats. This is the time period when they want you. Statistically, one out of four of you is hooked."

He added, "Nicotine is not harmless" because it can raise blood pressure, elevate your pulse, and possibly reduce your IQ. "Ninety-nine percent of what you use has nicotine in it."

The list of health effects he mentioned that are directly traceable to smoking and e-cigarettes was sobering – damaged lungs, temporary night blindness, bladder cancer, heart attack, increased likelihood of delivering a premature baby, just to name a few harmful outcomes.

Dr. Hartman wanted the students to understand that they can get seriously addicted before they even realize it. As one young person said on a video Dr. Hartman played, "Now I don't know the difference between breathing and JUULING."

BHR Grad Matt Hurley Is Exec Chef in Las Vegas



Imagine having the same boss for 26 years – and loving it. Matthew Hurley, the accomplished executive chef at CUT, a restaurant located at the Palazzo Las Vegas that food critic and commentator John Curtas lauded as “one of the world’s greatest steakhouses...one of the best restaurants in America,” has had the enviable opportunity to work for renowned Chef Wolfgang Puck for more than two and a half decades, and still rhapsodizes about him.

That connection, plus Hurley’s expertise and innovative flair, has catapulted him to the lofty pinnacle of the food establishment in America’s capital of glamour and glitz.

You might think that Hurley’s next logical professional step would be to operate his own restaurant, but that’s not really one of his aspirations.

“I have the ideal situation already with everything I want,” he declares emphatically, noting that Chef Puck gives him the prized freedom to be creative. “I’ve achieved 99% of my goals.”

Hurley, 44, of Randolph, graduated from Blue Hills Regional Technical School in Canton in 1993. After learning his way around a kitchen while majoring in Culinary Arts there, Hurley attended the prestigious Culinary Institute of America (CIA) in Hyde Park, N.Y., graduating in 1995.

From there it was on to Vegas, which Hurley considers his home base to such a degree that he estimates he has come back to Massachusetts just six times in 26 years. (Hurley’s parents relocated to Las Vegas, so they are handily nearby. Whenever they do get to return to Massachusetts, Hurley said they always try to grab a bite at the outstanding student-run restaurant at Blue Hills, the Chateau de Bleu, as does his brother, who still lives in Randolph.)

Hurley attributes his success at least in part to the solid training he got at Blue Hills, where now-retired Culinary Arts instructors like Richard Andrea, also a Culinary Institute of America grad, and Sue Carter recognized Hurley’s potential and passion and helped him cultivate them. “They pushed me to be better,” Hurley says gratefully.

Looking back, he recalls the fierce work ethic which motivates him to preside over a top-notch eatery that serves 400 to 500 meals a night, with five chefs working under him. He says he is not only their mentor but their peer, working and learning alongside them every step of the way. The real stars at CUT are the dishes served there, from steak to chicken and fish, all the very best.

A typical day for Hurley starts at 10 a.m. when he arrives at work, followed by meetings with staff to review the menu, invoices and purchasing, then dinner service begins at 5 p.m. and lasts until 11 p.m., and he’s out the door by 11:30 p.m. A hectic pace to be sure, but it’s all to Hurley’s immense liking. He emphasizes staffing correctly, planning ahead, delegating appropriately, and making each customer’s dining experience superb, with subtle – and flawless – attention to every detail.

Hurley’s attitude during his student days at Blue Hills is the same now. “I’m going to put my heart and soul into it,” he vowed then, and his single-minded focus has evidently paid off big-time. At the highly-competitive CIA, for example, Hurley recalls he “had an advantage over some people” because he had a “better knowledge base” to work from, thanks to his comprehensive preparation at Blue Hills.

The advice Hurley would give to a current Culinary Arts student at his former high school is simple – “Keep your head down and focus. If this is what you want to do, give it 100%.”

BHR Co-Op Students Excel in Their Jobs

Holly Canavan, Early Education and Care, and Ryan Albergo, Construction Tech, are doing great work in their Co-Op placements and preparing for their future careers by getting hands-on experience and connecting with professionals. Thank you to Ms. Poliseno, Co-Op Coordinator, for this information.

HOLLY

How has co-op prepared you for the real world?

Co-Op has helped prepare me for the real world by helping me get used to adult expectations. I am relied upon to ensure the safety of the children I help teach and care for. I've also learned how to problem solve both on my own and with other teachers.

Do you plan on staying in the industry after graduation?

I plan on staying in the early education field. I am going to Framingham State to pursue an early education degree and eventually become a kindergarten teacher.

If yes, did going out and getting real world experience help you make this decision?

Getting real world experience from co-op has helped me confirm that working with children is a career field that I never want to leave.

What advice would you give to a student on the fence about going out on co-op?

I would tell a student on the fence about going out on co-op to try it out. I would tell them that going to a job instead of school every other week puts them ahead of the average student by allowing them to get unique work experience.

How did your co-op experience enhance or build upon what you learned in your technical program at Blue Hills?

My co-op experience has allowed me to build upon what I've learned in my early education program at school, as well as given me the opportunity to learn new skills as well.

Holly's employer, Bright Horizons at Braintree Hill:

How prepared would you say your co-op student was for the real world? Do you feel she had a good foundation of skills ready for the classroom? I think that Holly came to us very prepared for the real world. She was on time to her interview and acted in a professional manner. She is polite and respectful. Although Holly received training on specific Bright Horizons procedures and policies, she began with the basic understanding of working with children. Some "skills" cannot be taught. People either have them or they don't. Holly has them. She started working with the infants and had no hesitation. She wasn't nervous (or didn't appear to be), and seemed so happy holding and feeding the babies. Sometimes it can be hard working with infants. There are times that all 7 are crying and have needs. Holly never seemed frazzled. She just prioritized who needed her the most, and helped that child first. She had no problem asking for help, which is the first step in being successful.

Would you recommend other businesses to participate in a co-op program? If so, why? I think so many businesses should participate in this co-op program. It gives the student a chance to see what it is like in the "real world" of the work force. It holds them accountable from the very beginning and teaches them about team work, problem solving, and time management to name a few. It also helps the student to see if this is really what they would like to be doing once they graduate. If they can learn early that this isn't the career that is for them, it saves them the trouble of having to start a job, then leaving, then finding a new job. It also allows the employer or business to see what that student is really like and possibly offer them a full time job for after graduation. It's a win-win for everyone!

BHR Co-Op Students Excel In Their Jobs (CON'T)

Would you recommend other businesses to participate in a co-op program? If so, why? I think so many businesses should participate in this co-op program. It gives the student to see what it is like in the real world" of the workforce. It holds them accountable from the very beginning and teaches them about teamwork, problem solving, and time management. It also helps the student to see if this is really what they would like to be doing once they graduate. If they can learn early that this isn't the career that is for them, it saves them the trouble of having to start a job, then leaving, then finding a new job. It also allows the employer or business to see what that student is really like and possibly offer them a full time job after graduation. It's a win-win for everyone!

RYAN

Has Co-Op prepared you for the real world?

Co-Op has prepared me for the real world in the sense that I have been given a taste of what it is like working for an actual construction company. Rather than staying at one job site for weeks, I have learned to be flexible and go to whatever site I am asked to be at, wherever I am needed.

Do you plan on staying in the industry after graduation?

I plan on attending college in pursuit of a Bachelor's degree in Construction Management after graduation.

If yes, did going out and getting real world experience help you make this decision?

Yes for sure, working in the field has only strengthened my passion for construction work, so I am now even more motivated to pursue my educational and career goals.

What advice would you give to a student on the fence about going out on Co-Op?

If you are on the fence about co-op, all I can say is that I strongly recommend it. It may be tough having to go out of your comfort zone, and, for me at least, you will miss being around your shop-mates. That being said, the experience you get from working for a company in your field is unmatched. And this isn't even taking into consideration the fact that you're getting paid to go to school, that should be motivation enough!

How did your co-op experience enhance or build upon what you learned in your technical program at Blue Hills?

My co-op experience built upon the skills I learned in my vocational program because I am getting to use them on an actual job site on a daily basis. I have also learned even more tips and tricks from my co-workers that have certainly improved my skills in carpentry.

Here are comments from Mark Unis his supervisor at Robert Way Construction.

Ryan is ready for the real world. He has a good knowledge base and skill set. There is a lot to learn and master, but understanding and being able to master the basic skills builds a good foundation. He is always seeking to do more and learn. He mixes well with the other team members. We highly recommend having other businesses participate in a co-op program. We feel it is important to pass on the knowledge and allow young students to explore the construction trades. It is a win for the students and for us as well. We have gained valuable insight in many areas by participating in the co-op program with Blue Hills.

Freshmen Get Started In Their Technical Programs



These students pictured at left in Culinary are just a few of the excited freshmen who started in their technical programs at the beginning of February.

They are meeting their teachers, getting familiar with their shop spaces and classmates, learning new techniques and using best safety practices at all times.



This is an important and decisive time in our students' lives. They are embarking on intensive training that will set them on a career path that in turn will lead to professional options galore that are lucrative and rewarding, with endless possibilities for future growth.

At Blue Hills, we feel honored that these extremely talented and capable young people have chosen us for their high school education. We look forward to getting to know them better and helping to shape the next generation of dynamic leaders and talented professionals.



Computer Tech Juniors Earn Cybersecurity Certificates



Our junior students earned their CompTIA Introduction to Cybersecurity Certificates (entry-level college course certificate in Cybersecurity), reports Ms. Bowman.

Congratulations to all!

Students Receive Scholarships for Peru Trip in April



Left to right—Students Olivia Pungitore, Caroline Politano and Brandon Holbert each got scholarships that will help with the entire or partial cost of the trip to Peru in April.

Congratulations to all and bon voyage in the spring!

Two Exciting Criminal Justice Field Trips



On Friday, January 17, 2020, the sophomore Criminal Justice class visited the Randolph Municipal Police Academy. The students had a chance to role play scenarios involving juveniles to help prepare the cadets for their job as police officers. The students even addressed the cadets afterward to give feedback and take questions.

Text and photo courtesy Mr. Brendan Welch



A big thank you to Officer Connor and Chief Berkowitz of the Canton Police Department. Chief Berkowitz took time out of his busy morning to talk with our students and answer many questions they had for him. We appreciate his time. Additionally, Officer Connor gave our newly placed 9th grade Criminal Justice students a tour of the Canton Police Department and spoke to them about the role of a police officer. Thank you very much to both of you.

Text and photo courtesy Mary Elizabeth Mack

Great job, CJ students and teachers!

Blue Hills Continuing Education Department Is Back!

Welcome Back Potential Students!

After almost two long years undergoing a complete school renovation, Blue Hills Regional is excited to officially reopen our continuing education program! As part of our ongoing commitment to educational excellence, we have developed a comprehensive selection of courses for you to explore. Consider courses like our SAT May test Bootcamp for your student, or a cooking class or automotive class for you!

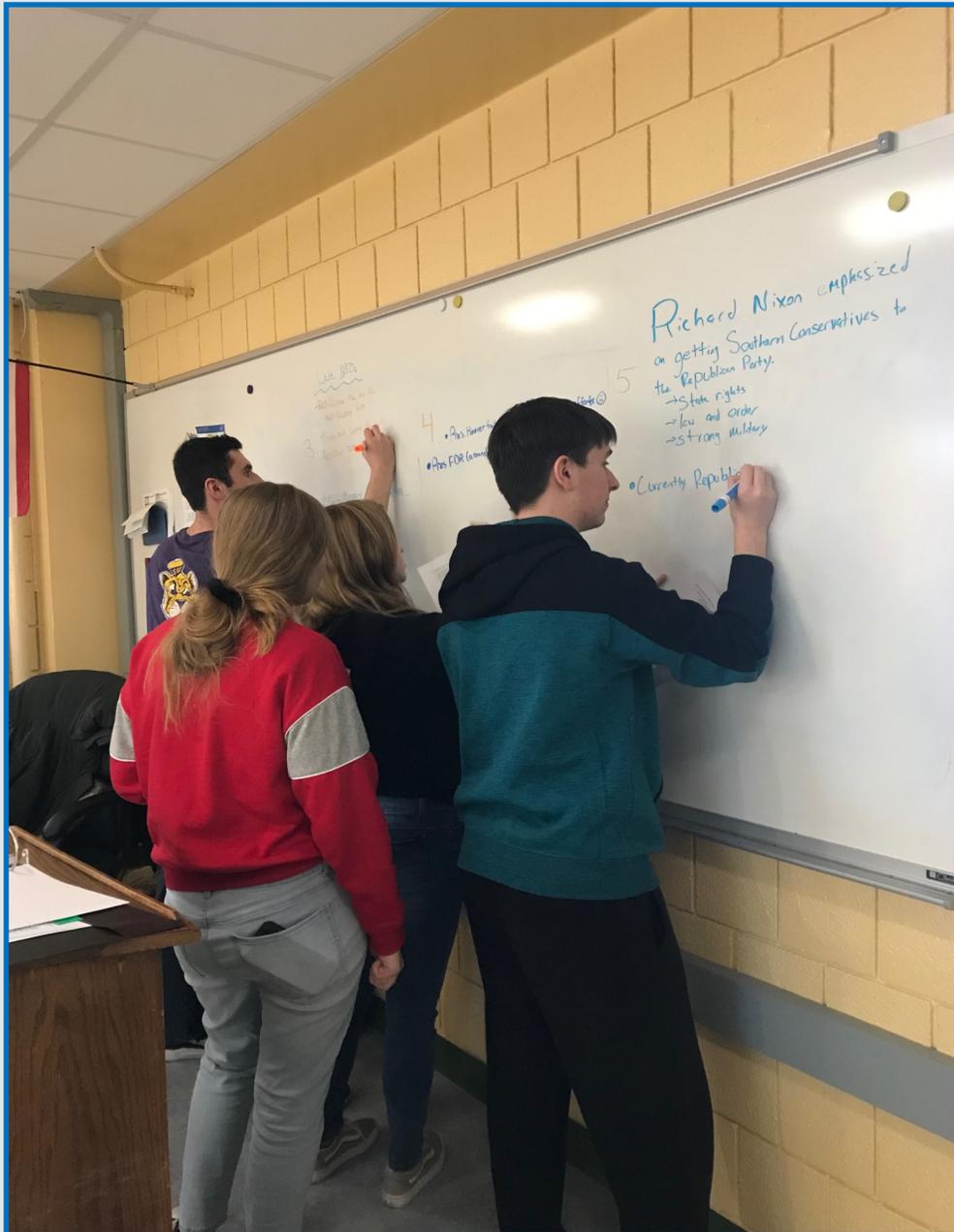
Visit our website at www.learnmorebhr.com (or find us under the Community Tab at www.bluehills.org) and select any category to page through any one of dozens of courses that will be offered beginning in April. And while you're roaming around our newly designed website, be sure to visit our listing of upcoming Fall Classes!

Class Sign Up Has Already Started! Visit Our Site Today!

www.learnmorebhr.com

AP Gov Class Examines Political Party Eras

AP U.S. Government students are creating graphics to help them explain to the class the events, causes and results of different political party eras. Text and photo courtesy Jane O'Malley



Jeans for Troops Recognition for BHR



We received some wonderful news from the GI Go Fund recently commending Blue Hills for its contribution to Jeans for Troops. In a letter dated February 4, 2020 and addressed to Mr. Cavanaugh from CEO Jack Fanous, it read in part: "On behalf of the GI Go Fund and the thousands of veterans we serve across the country, I would like to thank you and everyone at Blue Hills Regional Technical School for raising over \$500.00 to help the military veterans we serve every day during our organization's most recent Jeans for Troops drive. As a token of our appreciation, we proudly present you with this American Flag that was carried by a Navy SEAL during our Navy SEAL Hudson River Swim on August 3rd, 2019."

GREAT JOB, EVERYONE!

The Chateau was on WBZ Radio and Channel 7

On February 12, we welcomed reporter Chris Fama of WBZ Radio and reporter Alaina Pinto of Channel 7 who came to Blue Hills to do stories about the Chateau.



Student Sarah Saddler speaks to Chris Fama of WBZ Radio



Reporter Alaina Pinto of Channel 7 admires the yummy-looking pastries in the display case in the Chateau.

Safe Jobs for Youth Poster Contest

From the website Mass.gov:

"All Massachusetts teens aged 14 to 19 [were] invited to apply their knowledge about workplace safety and health in the 2020 MA Safe Jobs for Youth Poster Contest sponsored by the Massachusetts Youth Employment and Safety Team (YES Team) and the Massachusetts Coalition for Occupational Safety and Health (MassCOSH). This contest has been successful in the creation of posters that have highlighted the importance of workplace safety and health for teens.

Jobs provide youth with opportunities to gain experience, explore different careers, and make some money. Unfortunately many teens are injured on the job. In fact, teens have nearly double the rate of work-related injuries than adults. The Young Workers Injury Surveillance and Prevention Project at the Massachusetts Department of Public Health has been collecting data since 1993 to better understand where and how teens are being injured so that we can work with partners to prevent future injuries. Some things we've learned from talking with teens about workplace health and safety is that many are not receiving adequate health and safety training from their employers; many teens are working without adequate supervision; and many teens expect to have permanent effects from these injuries that occur at work.

The Poster Contest has been a way of asking teens to help promote safer work for themselves and their peers. Your poster should raise awareness about the importance of workplace safety for young workers, so it can be shared with communities across the state."



On February 12, two representatives of the Massachusetts Dept. of Public Health came to Blue Hills so some of our students in DVC and Graphics could judge the Safe Jobs for Youth Poster Contest.

From left to right in back row: Mrs. Joann Murphy, DPH rep., Kalisha Valmyr, Lanyia Ahmad, Mikayla Newcomb, Mackenzie Hanna, Jamillia Ross, Margaret Debordes-Jackson, DPH rep.

From left to right in front row: Jade Pelletier, Adriana Fiorino, Brielle Blanchard, Hunter Phinney

Valentine's Day Hand Massages from Cosmo Students



Sophomores in Cosmetology did a great job on February 14 giving hand massages to staff members who wanted one. They are real pros already! All the customers had big smiles!

Photos by Colleen Zentz

BHR Winter Sports Highlights

- The boys' and girls' varsity basketball teams and the hockey team were all in the MIAA tournament. We congratulate the players and coaches.
- Blue Hills sophomores Jake Curley and Chris Sarno were Mass State Hockey Coaches Association Players of the Week presented by Pure Hockey. Jake and Chris both had 9 points in two games.
- Senior hockey captain Brendan Spinale has been selected to the Shriners Massachusetts State HS All-Star Game that showcases the best 45 HS hockey players in MA for the 2020 class. Brendan is one of the few Division 3 players to be selected. Eight NHL draft picks have played in the Shriners game in the last 8 years. The game takes place at the Canton Ice House (BHR home rink) in late March. Participants are required to better serve the community prior to participating and all proceeds from the game go to Shriners Children's Hospital.
- Blue Hills took part in the Hockey Fights Cancer game and the Dan Jordan Hockey Tournament. Two great sports events for very worthy causes. Thank you to the players and coaches for participating and all those who attended.



BHR Accepting Construction Projects for 2020-2021

Blue Hills Regional Technical School Accepting Applications for Construction Projects



Top photo shows Blue Hills Construction Technology students laying out a wall. The picture above shows the foundation for the two-car garage. Pictured right is the two-car garage with master suite above nearly complete. This project can be found in the town of Canton.

For the 2020-2021 School Year!

Blue Hills Regional Technical School is accepting applications for residential additions, alterations and repairs for the 2020-2021 school year. Applicants must be a resident and property owner for a minimum of five years in one of the nine Blue Hills district towns which include Avon, Braintree, Canton, Dedham, Holbrook, Milton, Norwood, Randolph, and Westwood.

Blue Hills students in the Construction Technology program work on the projects under the direction of a MA licensed Carpentry instructor who is also a licensed Construction Supervisor. There is a \$250 non-refundable application fee. Projects are chosen based on their educational value for the students.

For more information or an application, call the Vocational Director's office at 781-828-5800, x2201, or go to the school's website at www.bluehills.org. Go to Tech Programs/BHR Services for the Public and click on 'Home construction agreement'.



“Valentine’s Day and Other Special Dinners” on Cable TV

Our Culinary Arts and DVC students collaborated on an episode of their cable access TV show titled “Valentine’s Day and Other Special Dinners.”

The featured recipes were:

Appetizer: Mozzarella Hearts with Roasted Red Pepper Pesto

Entree: Homemade Chicken & Vegetable Ravioli with a Spicy Tomato Cream

Dessert: Chocolate Brownies with a Salted Caramel Drizzle



Left to right: Jared Newcomb (DVC), Coleman O'Brien (DVC), Layenssa Jean-Pierre (Culinary), Bella Luongo (Culinary), Sarah Saddler (Culinary), Ariyan Ranck (DVC) and Lindsey McCormack (DVC)

Information and photo courtesy Linda Varraso

Student Khristian Torres Has Signing Ceremony

We congratulate Khristian Torres on signing to play football at Springfield College, where he plans to study exercise science. A signing ceremony was held for him at Blue Hills on February 25, with plenty of enthusiastic friends, family, coaches and administrators, including Supt. Rossetti, Principal Zini and Dean of Students Cavanaugh, in attendance.



Congratulations and good luck, Khristian!

Mass Heartbeat is Coming to BHR on March 13

Mass Heartbeat is coming to Blue Hills Regional Technical School!

WHEN: Friday, March 13th

WHERE: Gym / Locker Rooms

TIME: 7:30am - 2:30pm

COST: Free



FIND OUT MORE & REGISTER ONLINE:

<https://www.familyid.com/mass-heartbeat/blue-hills-regional-technical-school>

WHAT IS MASS HEARTBEAT?

MHB performs ECG screenings directly to students at their school. The screenings are then read by experienced cardiologists and results are returned to the students and their parents within 5 business days.

WHAT IS MASS HEARTBEAT?

A simple heart screening can help detect problems before they become major medical issues or even worse, before they become fatal. Statistics show that sudden cardiac death is the leading cause of death during exercise.



MASS HEARTBEAT