



Welcome to all new LABBB students and families. To those of you who are returning to LABBB, welcome back. We hope you are all having a great summer and look forward to an exciting start on September 6, 2022. We have some new, as well as some of our classic, fun activities planned for the coming school year.

My name is Paula Rizzo. I am the Recreation Coordinator for the LABBB Programs. My job is to provide a variety of after school activities for LABBB students to enjoy. Along with recreational activities, I am the special education advisor for the LABBB Best Buddies/PALS Programs that take place during and after school for most of our programs.

In this booklet, you will find many notices providing information about the various after school activities for LABBB students. You will also find a notice about Best Buddies/PALS. Be sure to look at the forms for specific information regarding each program and send each back by the stated deadline, if interested.

Please take time, together with your student, to go over the activities. Make sure your student wants to attend an event before signing up. Keep in mind that some dates may have to change as the year goes on.

Though after school activities are recommended and encouraged, they are a privilege for students. The LABBB staff reserve the right to restrict student attendance due to behavior challenges experienced at school prior to the event or while a student is attending an activity.

LABBB has a late pick up policy for all of our after school programs. A fee of \$1.00 per minute is charged and payment is expected upon pick-up. It is very important to look at the pick-up times and locations before signing up for an activity to make sure that your student will be able to be picked up on time. Please make sure to alert your cab drivers when your student is not going home on the cab. We have had students leave on their cab when they are signed up for an after school activity.

Read all the enclosed forms carefully and respond by the noted due dates. Remember to send a **separate check** for each activity. When forms and checks are mailed, send an e-mail to [prizzo@labbb.net](mailto:prizzo@labbb.net). As forms are received, an email confirmation will be sent. If you do not receive a confirmation email, it means the forms did not make it to LABBB.

Enjoy the rest of your vacation. See you soon.

Paula

**When registering for an activity, please use the following homeroom numbers and/or staff names:**

**Arlington High**

Erika Lyons	Room 210
TBD	Room 211
Mike Harrington	Room 214

**Bedford High**

Bill Brincklow  
Sue Good

**Belmont High**

Scott Procko

**Burlington High**

Carol Chaisson  
David Dooks  
Rebecca Neiman

**Lexington High**

Mike Allen	Room 821
TBD	Room 822
Tina Langone	Room 825
Mike Bernardo	Room 826
Chelsea Bednarski	Room 715
Kathy Farley	Room 704
Lori Doherty	Room 632
Kathy Eggers	Room 504

**Career Directions at**  
**Belmont High** Peter Asklund

**Middle Schools**  
Chenery, Marshall Simonds,  
John Glenn, Ottoson



# **LABBB Picture Day**

## **Monday, October 17, 2022**

### **8:00am - 10:00 am**

Photos taken on this day will be of our LABBB High School students for their student ID and the annual school photo for parents to order.

Please remember to sign & return the LABBB Permission Form (sent home in the parent packet in August) to your student's classroom teacher prior to October 17. This gives us permission to take student ID photos.

O'Connor Studios will be doing the students' photo this year. You will receive an email from them, detailing ordering instructions, should you choose to order copies of your student's photo.

# LABBB Dances 2022/2023

All dances will be held at the Lexington Community Center (unless otherwise noted on the flyer).

- Time: 6:30PM – 8:30PM (unless otherwise noted)
- Cost: \$10.00 payable at the door (unless otherwise noted)

October 6, 2022

Halloween Dance

November 17, 2022

Fall Harvest Dance

December, 15, 2022

Holiday Party Dance

January 19, 2023

Ring in the New Year Dance

February 9, 2023

Valentine's Day Dance

March 9, 2023

St. Patrick's Day Dance

April 27, 2023

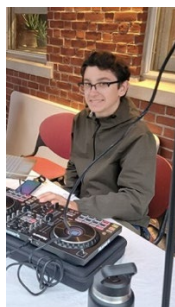
Spring Dance

May 18, 2023

End of School Year Dance

Contact Paula Rizzo ([prizzo@LABBB.net](mailto:prizzo@LABBB.net)) for more information about the LABBB dances.

Parents are expected to drop off their students and pick them up on time (8:30PM). \$1.00 per minute will be charged for late pick ups.



DJ Conor

## LABBB Weekly Afterschool Activities



### **Tuesday Bowling Program** 3:00 – 6:00PM

Sept. 27, Oct. 4, 11, 18, 25, Nov. 1, 8, 15, 22, 29

For students in Lexington High School rooms: 821, 822, 825, Bedford High, Belmont High and Burlington High, Chenery Liz Steele's room only. Students will be transported to the Woburn Bowladrome. Students will receive instruction on the approach, counting balls thrown, and counting pins knocked down. This activity will include dinner each week, (pizza, salad & drinks).

Space for 20 students. Cost is \$250.00 per student. Sign up by Sept. 6, 2022.



### **Thursday Bowling Program** 3:00 – 6:00PM

Sept. 8, 15, 29, Oct. 6, Nov. 3, 10, Dec. 1, 8

For students in Arlington High, Lexington High rooms: 504, 632, 704, 715, 826, and Middle School Programs. Students will be transported to the Woburn Bowladrome at the end of the school day by LABBB vans. Students will receive instruction on the approach, counting balls thrown, and counting pins knocked down. This activity will include dinner each week (pizza, salad & drinks).

Space for 25 students. Cost is \$200.00 per student. Sign up by Sept. 6, 2022.

## Wednesday Recreation Activities



3:00-5:00PM for both Walking and Dance/Arts and Crafts

[Sept. 7, 14, 21, 28](#), [Oct. 12, 19, 26](#), [Nov. 2, 9, 16](#)

For students in middle and high school classes.

**Walking/Hiking Club:** Students must be able to walk nonstop for at least 1 mile, even in drizzle.  
Space for 15 students. \$100.00 per student.



**Dance and Art Class:** Will walk or be transported in LABBB vans to the Monroe Center on Mass. Ave. in Lexington for this class.

Students will start with an hour of dance and then an hour of arts and crafts. Below is a description of each.

**Dance 3:00 – 4:00PM at Dance Inn** will be a structured dance class: warm up, exercises across the floor, and a combination of the two, with the goal of fostering joy, community, and self-esteem through movement. Warm up is based on Brain-Compatible Dance Education (BCDE), a teaching

philosophy and internationally recognized methodology that prepares students for learning and may help with social-emotional skills. It is an excellent full body and brain warm up that sequences through eight fundamental movement patterns of early human development and helps to center the brain and body. We will then do a few exercises across the floor, working on gross motor skills, coordination, and moving through the space in different ways; a teaching combination, that we will practice and add to each week with the goal of having a finished dance to share at the end of the session. Students will have a chance every class to dance freely to their favorite songs as a final opportunity to be creative and expressive and connect with each other.

### **LABBB Art 4:00 - 5:00PM**

This class offers opportunities for creative expression in the form of painting and crafting projects. Students will be encouraged to develop freedom of expression while building self-confidence, listening skills, and the ability to work from part to whole in their weekly projects. Taught by our friendly and nurturing teacher, with a background in special education.

Space for 10 students. \$250.00 per student.

# LABBB Monthly Activities



## Around Town Dining (Mondays)

For LABBB High School students from Bedford, Belmont and Burlington High, Lexington High classes 821, 822, who enjoy going to restaurants. We will visit restaurants in the LABBB towns on a Monday night, once a month. Students will eat all types of foods, pick their own meals from the menu, and figure out costs and payments (tax & gratuity). As the students wait patiently, chatting with friends, they can talk about their likes and dislikes about each restaurant. We will work on appropriate dress, how to carry their money, table etiquette, waiting appropriately, and how to use their cell phones as their tip chart.

**Students/parents will be notified by e-mail on the Friday before the Monday trip.** The e-mail will give the restaurant and address, along with the 5:30PM drop off and 7:30PM pick up time at the restaurant. Students are encouraged to go online, check restaurant menus, costs, and decide how much money to bring.

Cost is **\$60.00 per student** for the year and includes chaperone coverage. **This does not include the cost of dinner each month for the student.** Students should have a tip app on their phones. Most restaurants will be casual settings. One dinner will be at a fancy, more expensive restaurant. Students need to sign up in September for the entire year. Students will not be able to sign up on a monthly basis. Space is limited to 15 students.

**Dates of Dinners:** Sept. 19, Oct. 24, Nov. 21, Dec. 5, Jan. 9, Feb. 6, March 6, April 3, May 1, June 5



## Movie Nights (Thursdays)

For LABBB High School students who are 17 years old and over. Students will need to be dropped off at the Burlington Cinema around 7:00PM & picked up around 9:00PM. (drop off & pick up times depend on the start & finish times of the movies for that month). Movie selections will be PG-R rated. Students need to sign up in September for the entire year. Students will not be able to sign up on a monthly basis. Students need to be able to sit through a movie. We will work on independence getting popcorn and drink with each student and going to the bathroom and coming back into the movie independently.

**Students/parents will be notified of movie choices by email on the Tuesday before the Thursday movie.** Cost is **\$250.00 per student** for the year and includes: movie, popcorn, soda & chaperones each month.

**Dates of Thursday Movies:** Sept. 15, Oct. 6, Nov. 10, Dec. 8, Jan. 12, Feb. 2, March 23, April 6, May 4, June 1.



## Mini Golf & Games Trips (Fridays)

For LABBB Lexington High School students in rooms 821, 822, 826, Bedford, Belmont and Burlington High, who enjoy playing mini golf indoors and outdoors and going to Kings and Dave and Busters. Students will be transported to the various locations after school (2:45PM). Students will receive instruction on mini golf skills, bowling skills and arcade skills. Students will not be able to sign up on a monthly basis. Following the activity, we will go to dinner, then back to Lexington High for pick up at about 7:30PM. Dinner will be at locations close to the location of the activity. Students will have to bring cash/debit card with them to pay for dinner.

**Students/parents will be notified of location by e-mail on the Monday before the Friday trip.** Cost is **\$220.00 per student** for the year and includes: transportation, chaperones and 10 sessions of activities. Space limited to 18 students.

**Tentative Dates for Activities:** Sept. 16, Oct. 28, Nov. 18, Dec. 16, Jan. 20, Feb. 10, March 10, April 28, May 19, June 2.





## Best Buddies/PALS Programs

Dear Students & Parents,

In 2014, Bedford High School won both the Massachusetts and the National Best Buddies Chapters of the year. Chenery Middle School won the International Best Buddies Middle School chapter of the year in 2016. In 2018, Lexington High School won the Massachusetts Best Buddies Chapter of the year and was the 2018 runner up National Best Buddies Chapter of the year. LABBB and our Best Buddy Chapters are very proud of these accomplishments. We try every year to duplicate those “insanely great” years.

The Best Buddies Programs are at Arlington, Bedford and Lexington High Schools as well as Chenery Middle School. Belmont & Burlington High School have PALS program. The PALS program provides similar activities as Best Buddies but are done as a group instead of in pairs. All are anxious to start as quickly as possible. This survey will help us get these programs up and running by the end of September/early October for all our chapters.

If your student is interested in PALS or Best Buddies, please answer this survey together and return **by September 6, 2022, via email to Paula Rizzo, Prizzo@LABBB.net**. This will help all involved to get the programs running sooner. If we do not receive a survey back, your student will not participate in a Best Buddies or PALS program for the 2022/2023 school year. Sign up for these programs is only in September.

Thank you for your time. If you have any questions regarding this survey, please feel free to e-mail Paula Rizzo at [prizzo@LABBB.net](mailto:prizzo@LABBB.net).



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Student Name: \_\_\_\_\_  
Program Site & Teacher's name: \_\_\_\_\_  
Past Best Buddy/PALS Name (if student had one): \_\_\_\_\_  
Parent Email Address: \_\_\_\_\_  
Parent Phone Number: \_\_\_\_\_

Would like the same buddy (if student had one)      Yes      No

Suggestions for activities to do with Buddies/PALS \_\_\_\_\_

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Please return **by September 6, 2022 via email** & thanks for your help

Paula Rizzo

251 Waltham Street, Lexington, MA 02421



# 2022/2023 LABBB OVERNIGHT TRIPS



## New York City Trip

October 27 – October 29, 2022 (Thursday – Saturday) Cost \$1050.00

- Students will leave by van early on Thursday morning, October 27, from Lexington High School.
- Students will return by van on Saturday night, early evening, October 29, to Lexington High School.
- Cost includes all meals, transportation, hotel, 2 shows, Ferry & tour of Statue of Liberty, 911 Memorial, NY Public Library, Central Park, Alexander Hamilton Grange Nation Museum, LABBB chaperones.
- If a student turns 22 on or before October 27, 2022, they may not attend.
- This trip is for LABBB High School students.
- Students have to be able to sleep through the night.
- Students must be able to do a lot of walking through the city.
- Limited to 10 students on a first come first served basis.



## Disney World Trip

April 11 – April 15, 2023 (Tuesday – Saturday) Cost \$2,950.00






- Students and chaperones will leave by plane, early Tuesday morning, April 11, from Logan Airport.
- Students and chaperones will return by plane, late Saturday evening, April 15, to Logan Airport.
- Cost includes all meals, transportation, entrance tickets, hotel, 5 shirts, and LABBB chaperones for the 4 nights, 5 days stay.
- Students will visit Magic Kingdom, EPCOT, Animal Kingdom, Hollywood Studios and Disney Springs.
- If a student turns 22 on or before April 11, 2023, they may not attend.
- This trip is for LABBB High School students.
- Students have to be able to sleep through the night.
- Limited to 25 students on a first come first served basis.

These trips are popular, our rule is that we will take seniors 1<sup>st</sup>, and HS students of any age 2<sup>nd</sup>. If you are interested in any trip, please send a \$50.00 deposit with the corresponding sign-up sheet (**non-refundable or transferable**) to reserve your space by September 6, 2022 ([separate checks please](#)). More details on each trip will be provided closer to the event.

**Return below registration forms with separate checks by **September 6, 2022.****  
**Mail to: LABBB c/o Paula Rizzo 251 Waltham Street, Lexington, MA 02421**






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**Around Town Dining**

-  I would like my student to be enrolled in Around Town Dining. I will arrange drop off and pick up for my student at the various restaurants at the posted times.
-  Student's Name: \_\_\_\_\_
-  Parent Signature: \_\_\_\_\_
-  Cell # of person picking student up: \_\_\_\_\_
-  E-mail address to send information: \_\_\_\_\_






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**Tuesday & Thursday Bowling**

-  I would like my student to be enrolled in the Bowling Program. I will arrange pick up for my student at the posted times at the Woburn Bowladrome. (Please check which day your student's class is scheduled to attend before signing up for Tuesday or Thursday. Middle School is Thursday only).
-  Student's Name \_\_\_\_\_ Please circle correct day Tuesday or Thursday
-  Parent signature: \_\_\_\_\_
-  Cell # of person picking student up: \_\_\_\_\_
-  E-mail Address to send information: \_\_\_\_\_

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**Wednesday Recreation Activities**

-  I would like my student to be enrolled in the Wednesday After School Program, I will arrange drop off and pick up for my student at 5:00PM at Lexington High School or at 5:00 at Monroe Center.
-  Student's Name: \_\_\_\_\_
-  Parent Signature: \_\_\_\_\_
-  Cell # of person picking student up: \_\_\_\_\_
-  E-mail Address to send information: \_\_\_\_\_

Circle choice:      Walking                  Dance/Art & Craft Class

### Thursday Movie Nights

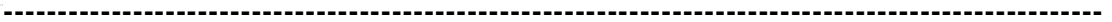
I would like my student to be enrolled in the Movie Program. I will arrange drop off and pick up for my student at the posted times, at the Burlington Cinema.

Student's Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Cell # of person picking student up: \_\_\_\_\_

E-Mail address to send information: \_\_\_\_\_



### Friday Mini Golf & Games

I would like my student to be enrolled in the Friday Activities. I will arrange pick up for my student at the posted times, at Lexington High School.

Student's Name: \_\_\_\_\_

Parent signature: \_\_\_\_\_

Cell # of person picking student up: \_\_\_\_\_

E-Mail address to send information: \_\_\_\_\_



### Overnight Trips

Student's Name: \_\_\_\_\_

E-mail Address to send information: \_\_\_\_\_

Total Amount Enclosed: \$ \_\_\_\_\_

Circle your choice of trip(s):

New York City Trip October 2022      and/or      Disney Trip April 2023

**Please send separate checks for each of the activities, payable to: LABBB**

**Due Date for all Sign-ups is September 6, 2022.** When forms and checks are mailed, please also remember to send an email to [prizzo@labbb.net](mailto:prizzo@labbb.net).

**Mail to:**            Lexington High School  
                              c/o Paula Rizzo (LABBB)  
                              251 Waltham St.  
                              Lexington, MA 02421

# What's going on in our Recreational Programs?

