



BELMONT HIGH SCHOOL

STUDENT RAIDER REPORT

Quote of the week: "However ordinary each of us may seem, we are all in some way special, and can do things that are extraordinary, perhaps until then...even thought impossible."
— Sir Roger Bannister



TAKEN FROM: [HTTPS://WWW.HISTORY.COM/THIS-DAY-IN-HISTORY/FIRST-FOUR-MINUTE-MILE](https://www.history.com/this-day-in-history/first-four-minute-mile)

THIS WEEK IN HISTORY, ON MAY 6, 1954, ROGER BANNISTER (A 25-YEAR OLD MEDICAL STUDENT) BROKE A HUGE BARRIER BY **COMPLETING THE RUNNING OF A MILE IN UNDER 4 MINUTES**. IN YEARS PRIOR, ATHLETES BELIEVED THAT IT WAS A PHYSICALLY IMPOSSIBLE FEAT. BEFORE BANNISTER'S FIRST COMPETITIVE RACE OF 1954, HE **STUDIED THE MECHANICS OF RUNNING AND TRAINED WITH HIS PERSONALLY DEVELOPED AND RESEARCHED SCIENTIFIC METHOD**. THE DAY OF HIS RACE, ROGER BANNISTER BROKE THE TAPE AT **3 MINUTES AND 59.4 SECONDS**. HIS TRUE PASSION WAS MEDICINE, SO HE RETIRED FROM COMPETITIVE RUNNING AND WENT ON TO **BECOME A NEUROLOGIST**. HE WAS LATER KNIGHTED BY QUEEN ELIZABETH II FOR HIS SUCCESSFUL MEDICAL CAREER!

WHAT IS SOMETHING YOU'VE WANTED TO TRY, BUT OTHERS HAVE SAID IT'S IMPOSSIBLE? JUST REMEMBER THAT IT COMES FROM THEIR OWN FEAR AND LIMITATIONS- DON'T LET THEM LIMIT YOU!

Quick Announcement about **DRIVER'S EDUCATION!!** Regardless of rumors you may have heard, there will STILL be a driver's education program in Belmont despite Dale's retiring. Mark Perkins will be taking over eventually. Classes are filling up quickly, so sign up EARLY. The Fall/Winter of 2021 is the next class available.



Would You Rather...

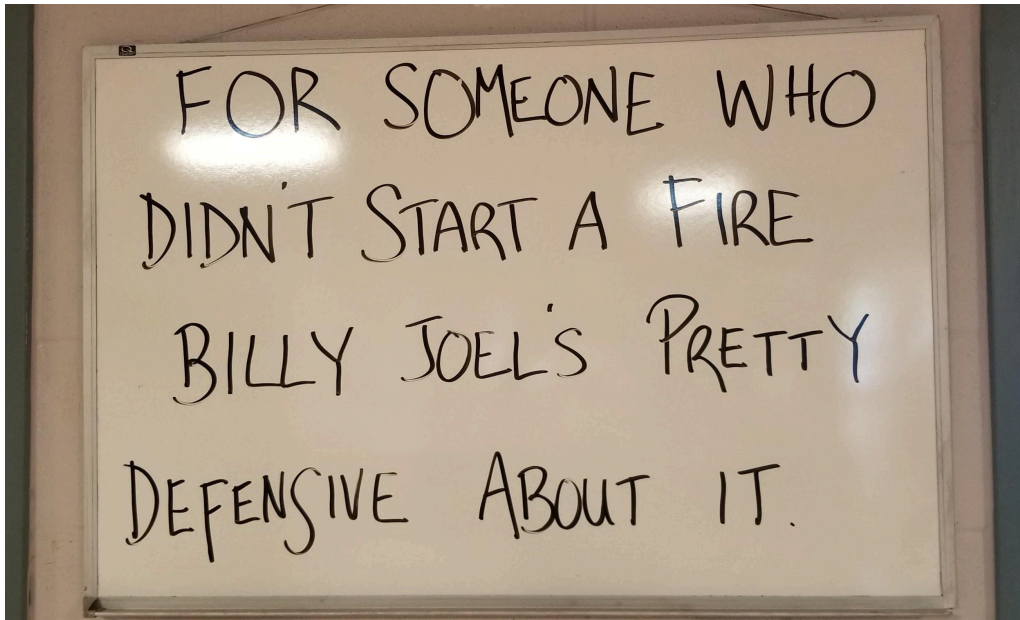


always have to sing instead of speaking

OR

dance everywhere you went?

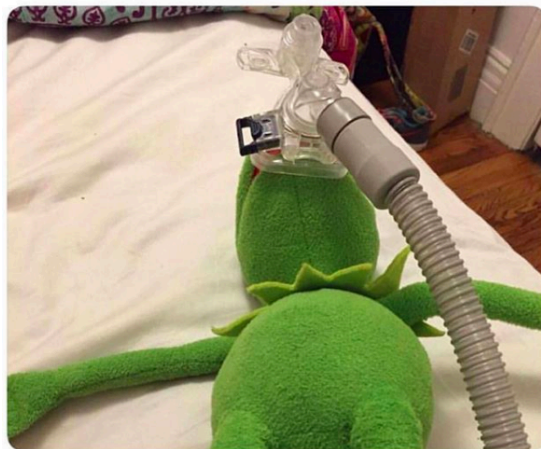
MR. MALCOLM'S WHITEBOARD THOUGHTS



Meme Monday!

Send me your best (and school appropriate) memes at vbrown@sau80.org

me after laughing at my own jokes



Funniest person I know.



Staff Spotlight

Mr. Geoffrey- Special Education Teacher



1. When you have 30 minutes of free time, how do you choose to use it?

When I have 30 minutes of free time I usually exercise in the basement, completing Insanity Max 30 or P90X3.

2. If you were not doing *this (working here)*, what would you be doing and why?

I love working with kids/students, so I guess I would volunteer my time to coaching our youth.

3. Tell us something that might surprise us about you!

I was absent one day in 12 years of school.

4. Where is your favorite place to be (besides BHS, of course 😊)?

Cruising the Caribbean with my family.

5. What does a typical Saturday/Sunday look like for you?

A typical Saturday for me is waking up, going to the basement and exercising, eating breakfast and getting ready for the day - whatever that means (coaching, cleaning the yard, visiting family, or binge watching Grey's Anatomy for the 3rd time).

Fun Facts?

I played college and semi-pro baseball.

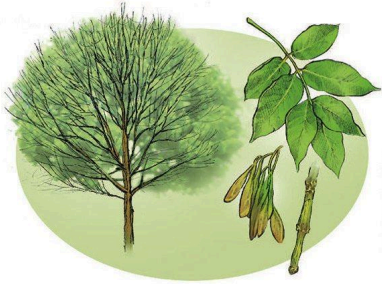
Thank you to Mr. Geoffrey for participating in our "Staff Spotlight!" Make sure to say "Hi" when you see him around the school!

Say Hi to Ms. Deuell's friend, !! She is sporting some fabulous rings from the amazing cupcakes Ms. Conway brought in for the staff on Friday.



Ms. Duell's Outdoor Ecology Club

(Opportunity for Senior Projects, Volunteering, and Fun!)



You may have noticed that our White Ash trees (*Fraxinus americana*) are now gone from the south side of the building. We lost them to the invasive *Emerald Ash Borer Beetle* (*Agrilus planipennis*).

The Outdoor Environmental Club leaders have some ideas as to what we can do to beautify the south side of our building. We will start planning that project towards the end of the year, but we'd love more students to join us; great senior project idea for next year! Or if anyone has connections to nurseries that we can work with. We will also survey BHS as to what people would like to see on that side of the building. We just thought we'd keep you informed!



Stay tuned for more information!

Check out some of the baskets that were donated and put together for the Golden View Nursing Home!!



Great job to everyone who donated and helped out! More pictures to come soon-

Announcements from the Guidance Office



Interested in either a [Laconia HUOT program](#) or a [Winnisquam Ag Center program](#) for next year?!

Check your [email](#) for the [applications that Mrs. Camire](#) has previously sent!



Scholarship deadlines are quickly approaching! Don't miss out on the opportunity to apply and receive money for books and college tuition. The BHS School Counseling department has [created a spreadsheet listing several scholarship opportunities](#) which can be viewed by clicking [here](#). Every senior who is planning to further their education should [apply for scholarships through The Lakes Region Scholarship Foundation](#).

Messages from Ms. Ingraham:

1) ATTENTION, SENIORS

QUESTION:

What's a really good tool you have in your toolbox that you may have forgotten you had?

ANSWER:

Your CAREER CRUISING account, of course!

It can help you open all kinds of doors to your future.

Watch your email for a message from Ms. Ingraham, **School-to-Career Coordinator**, reminding you how to get back into your own personal account that you most likely started when you began high school. Now is a perfect time for you to learn more about how WHO YOU ARE "matches up" to career and college pathways in the world beyond high school. *You can take it with you after graduation, too.*

2) **Are you considering full-time work? Are you interested in manufacturing?**

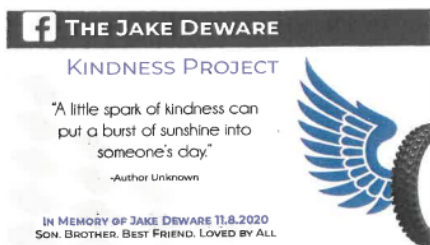
Then you'll want to know that **Freudenberg-NOK**, a prominent local company with a global reputation, has a wide variety of job openings. Contact Ms. Ingraham in Guidance or at pingraham@sau80.org for specific details about jobs at three different locations.

Also, here are two upcoming dates when you can attend a **CAREER FAIR at their site at 450 Pleasant Street in Bristol** to learn more about positions available through Kelly Services.

In that these are both school days, you could still attend your classes and make either of these sessions during the final hour.

Thursday, April 8th 10 am - 2 pm

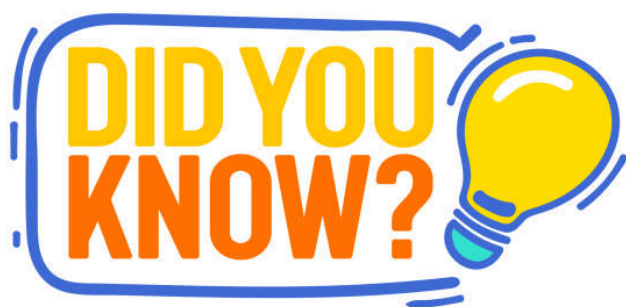
Friday, April 16th 10am - 2 pm



In November of 2020, the BHS community lost a member of our alumni community, Jacob Deware, to a tragic accident. Jake was a kind and compassionate person who believed strongly in helping others. In keeping with Jake's memory, his loved ones started the Jake Deware Kindness Project. You can find the

Facebook page by its namesake and there are many examples of kindness toward others displayed. It's the ultimate pay-it-forward kind of idea! Cards are in the main office for interested students. Take a card (or two), and when you see where you could make a difference by being kind to someone, do the act of kindness and then give them one of Jake's cards. That way they can, in turn, pay it forward to someone else. It is a great display of kindness!

BE BRAVE
YOU ARE LOVED
SHINE YOUR LIGHT
YOU ARE KIND
BE HAPPY
YOU ARE FUNNY
BE TRUE TO YOU



The BHS Library has an ONLINE catalogue available to staff and students?! You can search the online catalogue, place books on hold, and then pick them up at the library entrance. This HAS BEEN and WILL be available all year.

Wondering how to access the online library?



<http://bit.ly/belmonthscatalog>



You can search using the "Catalog" tab at the top, or log in with your Google account in the upper right-hand corner to put a book on hold. There's even a helpful video in the quick-links in the middle of the page to walk you through the "Placing Materials on Hold" process.

Let's borrow some books!

The freshman class is running a **calendar fundraiser!** Tickets are **\$5 each.** You can enter by bringing your money to Mrs. Fountain or Mr. Deshaies anytime from **now through the end of the raffle (April 30th).** If you bought a candy gram you are automatically entered.



Names will be pulled starting April 7th and ending April 30th, every Wednesday and Friday, to win one of the many great gift cards, including Starbucks, Tanger Outlets, and Wrap City. Thank you for your support!

BHS LUNCH MENU

Please click [here](#) for the 5 day Remote Menu for April!

Please see [HERE](#) for further information from the Department of Education regarding lunches.



BHS French Club Flower Power Fundraiser

Fundraiser Closes May 1st!

Are you or is someone you know looking forward to flowers in the garden this spring? This year, the BHS French Club is hosting a Flower Power Fundraiser to raise money to go to France next April (2022)! This fundraiser can be done entirely online, and the flowers can be shipped directly to homes. Great for gifts! See the link below to visit our website with the flowers that are available:

<https://www.flowerpowerfundraising.com/index.php/marketplace/seller/profile/shop/bhsfrenchclub>

Let's support our French Club on their next trip, if we can!

Upcoming Events, Resources, and Classes



Dreamers Group

Meets virtually once a week for 5 weeks! Date and time to be decided by participants! Call 603.528.6511 ext 103 or email aa@newbeginningsnh.org for more information and to sign up.

Sleep issues are common after trauma, but they don't have to be permanent. Learn more with us!

Friends of Belmont Football is holding a raffle to benefit the organization helping to pay for the high school students to be a part of the Gilford-Belmont Football team. Click [HERE](#) for more information.

****Interested in a FREE six-session program for parents and family caregivers to learn about children and adolescents with emotional and behavioral difficulties? Click [HERE](#)**

Happy Birthday!

BE SURE TO WISH YOUR FELLOW STUDENTS A HAPPY BIRTHDAY THIS WEEK!

JILLIAN B. 4/5

SEAN H. 4/6

JADA E. 4/7

COLIN F. 4/7

JONATHAN 4/8

ABIGAIL V. 4/8

LILLIAN V. 4/8

EMMA R. 4/9

JACKSON R. 4/10

reasons to get out of bed

by chibird

