



Berlin Brothersvalley High School

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Principal's Corner

I imagine that many of you have seen individuals use this gesture before. Holding up four fingers in an athletic competition signifies the start of the fourth and final quarter of a contest. It has come to the point in the 2017-18 school year that we should be holding up the "four." A common thought in athletics is that the team who wins the fourth quarter typically wins the game. As a student, it is crucial that you win the fourth quarter. All of the efforts given in the first, second, and third quarters can either be solidified or wasted by one's fourth quarter performance. For seniors, don't let the fourth quarter tarnish the progress that has been made over the past 12.75 years of school!

I hope that you all encourage your student(s) to finish strong! If I can ever be of assistance, please feel free to email me or contact the BBHS office.

Brian Thompson, BBHS Principal

SAT In-School Administration

Tuesday, April 24

Scheduled 2-Hour Delay

Wednesday, April 25

Spring Band Concert

Thursday, May 3

NHS Blood Drive

Tuesday, May 8

Incoming Freshman Parent Meeting

Wednesday, May 9

Spring Chorus Concert

Thursday, May 10

Prom

Saturday, May 12

Keystone Exam Testing Window

May 14-May 25

No School-Memorial Day

Monday, May 28

Last Student Day/ Graduation

Wednesday, May 30

Be sure to like BBHS on Facebook!

Guidance Corner

Procrastination

As we draw near to the end of the school year, it is easy to slack off a little and let things begin to pile up. Do you know how much of your life you're losing to procrastination? How about 3 hours a day? Imagine what you'll miss over a lifetime.

First, understand procrastination and why we do it. Procrastination is strongly linked to our emotions. It's part of our inherent self protection response to avoid things that may harm us. Unfortunately, this leads us to develop habits when our feelings are negative. We look for ways to distract ourselves.

Manage your procrastination instead of head-butting it

The second key to overcoming procrastination is to change your approach. Fighting it head on is possible, yes, but is it the best way? At the end of the day, procrastination is a psychological/emotional reaction. Our perception of challenge or difficulty is what really creates resistance and stops us from taking actions. Break big things up into smaller, digestible elements. The smaller the tasks, the easier you will find them to manage. Reduce the perception of difficulty. Try breaking down a task into elements that will only take you 15 minutes or less to complete.

Master a new mindset on taking action

Breaking free of procrastination requires changing your mindset about your goals. Have

you ever tried giving your dreams a deadline? Without deadlines, you can't really see your priorities clearly. Giving yourself a deadline forces you make hard decisions about where you'll invest your time. Setting a good deadline is an art. But it sets those who live their dreams apart from those who just dream them.

Important Dates

April 24-SAT In-School Administration (There is still time to sign up! See Mrs. McMillen ASAP)

May 9-AP English Literature Exam

May 14-AP Biology Exam

May 15-AP Calculus AB Exam

May 16-AP English Language Exam

If you have any questions about any of the information or events listed above, please contact the BBHS Guidance Office at 267-4622.

Pennsylvania Keystone Exam Information

The Pennsylvania Department of Education has established the window of Spring Keystone test administration to be May 14-25. Berlin Brothersvalley High School will conduct their Keystone Exam administration on the mornings of the following dates:

Biology Keystone Exam: May 14 and 15

Literature Keystone Exam: May 16 and 17

Algebra Keystone Exam: May 18 and 21

More information will be provided closer to the testing window to those who will participating in this Spring's state assessments.

Student Activity Spotlight: Brothersvalley FFA

The Brothersvalley FFA has participated in many events during the 2017-2018 school year. The Brothersvalley FFA Chapter began the school year by receiving 5,000 rainbow trout eggs from Trout Lodge located in the state of Washington. These trout eggs will be the first trout raised in the new trout raceway being built at the Berlin grove in early spring.

Fifteen FFA members received their safe tractor driving certificate. As part of meeting the training requirements, youth must complete an approved training program. The National Safe Tractor and Machinery Operation Program (NSTMOP) is a comprehensive program that consists of 24 hours of intensive instruction that incorporates the use of task sheets accompanied by skills and driving instruction. After completing classroom instruction, each student must complete a 50-question written knowledge test and obtain a minimum passing score of 70%. Once a student successfully passes the knowledge test, he or she is then permitted to take the program's operating skills and pre-op/driving tests. Upon successful completion of all parts of the NSTMOP, the student receives a formal USDOL certificate of completion.

Three FFA members went to the National FFA Convention in Indianapolis IN. Elizabeth Stoltzfus qualified to show Dairy Cattle at the event. Brandon Rhoads received the American FFA Degree at the convention. This is the highest degree given to an FFA member. Less than 1% of all FFA members receive this honor.



Fifty FFA members participated in the Fall Skills career development events. Contest include wildlife, small gas engine repair, tractor driving, FFA knowledge, and horse judging.

Twenty-one first year FFA members received a FFA Jacket at the PA Farm Show in January. Students had to write an essay on what the FFA jacket would mean to them. Elizabeth Stoltzfus received her Keystone Degree at the PA Farm Show. To receive this degree, a student must have an approved Supervised Agriculture Experience project where they must earn or invest at least \$1,000 and work an excess of 300 hours outside of class time.

Upcoming events include building a 6 ft x 30 ft trout raceway in partnership with the Salisbury Sportsman's club. This will allow the FFA members to raise adult size trout and release in Berlin area waters.

The FFA members are constructing elephant hay feeders for the Pittsburgh Zoo. Students are to design and construct the feeders using schedule 40 steel pipe, a remote control winch that is solar powered and able to rotate 180 degrees to allow zoo workers to place hay inside the basket safely.



FFA members are also preparing for their public speaking contest held in April. Students are preparing speeches for the following contest areas: Jr. Prepared, Sr. Prepared, Conservation, Extemporaneous, FFA Creed, and Parliamentary Procedure.

FFA Members will also be competing in the Envirothon and participating in the Penn State FFA Activities Week career Development Events in June.

BBHS Receives Career Readiness Grant

Berlin Brothersvalley High School was one of 65 schools in the Commonwealth and one of 4 schools in Appalachia Intermediate Unit 8 to receive a career readiness mini-grant. Funding for the grant came from the Team Pennsylvania Foundation through the Pennsylvania Department of Labor & Industry.

The mini-grant was awarded to cover transportation expenses for customized industry tours based on student interest. On April 12, a group of students with an interest in manufacturing and construction took advantage of the grant by visiting two local manufacturers. Through the assistance of Somerset County Careerlink, tours of Hoover Conveyors and ITI Trailers and Truck Bodies were arranged. BBHS would like to thank Deb Hoover and the staff at Careerlink for bridging the gap between industry and education. We would also like to thank Jeremy Hoover of Hoover Conveyors and Lenny Lottig of ITI Trailers and Truck Bodies for their commitment to our county's youth by providing the opportunity to tour their facilities.

Two additional industry tours targeting health care and STEM careers are scheduled for later in the school year. For more information about the career readiness grant, click [here](#).



Support the BBSD Foundation!

The Berlin Brothersvalley School District Foundation will be holding a Sporting Clay Shoot at the Stonycreek Shooting Center on Sunday, May 20, 2018. Registration is at 12:00 p.m. with a start time of 1:00 p.m. Your \$50 participation fee includes 50 targets, food, and beverages. We hope you will consider showing your support of our Foundation who provides numerous opportunities for the students of our District!

When: Sunday, May 20 at 12:00 p.m.

Where: Stonycreek Shooting Center, 510 Kimmel Road, Berlin, PA

For more information, call 267-4621