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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 at LABBB on September 6, 2016. 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 Integration & Recreation Coordinator for the LABBB Programs, together with the Adapted Physical Education (APE) staff: Tom Brincklow, Mike DiCenso, Paul McManus, Danielle McMahon, Jacqui Barrett, CJ McAlduff, and Rob McDonough. My job is to provide a variety of APE and after school activities for all LABBB students to enjoy. Along with APE and 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 August, you should receive the swimming, skating, diving board and photo permission form in a mailing. Please be sure to fill it out and return by September 6th. All APE swimming and skating classes will start the week of September 12th.

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 get that form back if interested. Please look at the forms for specific information regarding each program.

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.

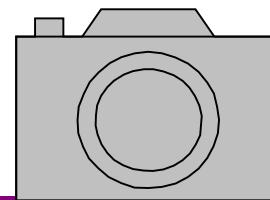
After school activities are a privilege for students. The LABBB staff reserve the right to restrict student attendance due to poor behavior at school before the event leaves, or while a student is attending an activity.

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 in cash upon pick-up. It is very important to look at the pick-up times 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.

It is important to read all the enclosed forms carefully and to respond by the due dates. Remember to send a separate check for each activity. NO CASH. When you mail forms, please remember to send an e-mail to prizzo@labb.net. As I receive the forms, I will email you a confirmation. If you do not get a confirmation from me, it means I did not get the forms.

Enjoy the rest of your vacation. See you soon.

What's going on in our Recreational Programs?



LABBB Student Picture Day

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

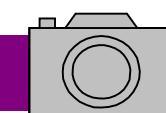
Sept. 21, 2016

8:00AM – 11:00AM

Please remember to sign & send in the photo permission form before the 21st so that we can take all the students' photos for IDs. This will be the only day that we will have Burlington Studios at our Lexington High School and Arlington High School sites.

If you would like to order a photo package, bring the Burlington Studios picture order form the day of photos. The photo order form will come home with your student the week before the 21st. Look for it in their backpack.

Dress for the occasion!



Smile for the camera!

LABBB DANCES

Who Can Come To Dances

LABBB dances are open to any currently enrolled LABBB student in any of the LABBB High School and Middle School Programs. No graduates will be allowed to attend the monthly dances. The Reunion Dance is for current students age 18+ and alumni.

Time of LABBB Dances

Times will be noted on the flyer that comes out for each dance, but typically are held from 6:45-8:45PM at Lexington Community Center. Parents are expected to pick up students at the end of the dance. If a student is picked up late, there will be a late charge of \$1.00 per minute.

Cost of LABBB Dances

\$10.00 cash or check payable to LABBB at the door the night of the dance (unless otherwise stated on the notice). Notices will be sent home approximately 2 weeks prior to the dance date.

Location of LABBB Dances

October – May dances will be held at Lexington Community Center, 39 Marrett Road Lexington MA. Please pay close attention when the dance flyers come out for the theme of the dance and whether it will be held on a Thursday or Friday night.

Dates for 2016/2017 Dances

Sept. 30 (Reunion Dance), Oct. 27 (Thurs.), Nov. 17 (Thurs.), Dec. 22 (Thurs.), Jan. 19 (Thurs.), Feb. 10 (Fri.), March 2 (Thurs.), April 6 (Thurs.), May 11 Thurs.

Refreshments will be served at all dances. LABBB PAC meetings will be held at the same time and location of most dances. Any questions should be sent to prizzo@LABBB.net.

LABBB Registration Forms for weekly, monthly and overnight programs

Return below registration forms with separate checks by Sept. 6, 2016. Mail to: LABBB c/o Paula Rizzo 251 Waltham Street Lexington, MA 02421

Around Town Dining in Bedford



- I would like my son/daughter 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: _____

Tuesday & Thursday Bowling



- I would like my son/daughter to bowl at the Woburn Bowladrome. I will arrange pick up for my student at the posted times. Please check your student's class before signing up for Tuesday or Thursday.
- Student's Name _____ Please circle correct day Tuesday or Thursday
- Parent signature: _____
- Cell # of person picking student up: _____
- Parent's e-mail Address: _____

Wednesday Recreation Activities



- I would like my son/daughter to be enrolled in the Wednesday After School Program
- Student's Name: _____
- Cell # of person picking student up: _____
- Parent's e-mail Address: _____
- Parent Signature: _____
- Please write in activity choice
 - 1st choice _____
 - 2nd choice _____

Thursday Movie Nights



- Student's Name: _____
- I would like my son/daughter to be enrolled in the Movie Program. I will arrange drop off and pick up for my student at the posted times.
- Parent Signature: _____
- Cell # of person picking student up: _____
- E-Mail address to send information: _____

OVER NIGHT LABBB TRIPS FOR 2017



Attitash Ski & Winter fun trip in NH January 26, 27 & 28, 2017 (Thurs. – Sat). Cost \$900.00

- Students will leave by van on Thursday from Lexington High School.
- Students will return by van on Saturday night to Lexington High School.
- Cost includes all meals, transportation, hotel, 2 days skiing, ski rentals, LABBB chaperones, ski lessons, and fun events at night (Movies, Bingo, Shopping etc.)
- If a student turns 22 on or before January 26, 2017, they may not attend.
- This trip is for LABBB Middle School and High School students.
- Students do not have to ski - we will have daily fun activities for non skiers.
- Students have to be able to sleep through the night.
- Students who plan on skiing must take lessons (based on their ability) and must be able to follow ski instructions.



Disney World March 21 – March 25, 2017 (Tues. – Sat.) Cost \$2,350.00



- Students and chaperones will leave by plane on Tuesday, March 21 from Logan Airport.
- Students and chaperones will return by plane on Saturday, March 25 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 Downtown Disney.
- If a student turns 22 on or before March 21 2017, they may not attend.
- Students have to be able to sleep through the night.



Maine Camping Trip June 1-3, 2017 (Thurs-Sat.) Cost \$300.00



- Students will leave by van on Thursday, June 1 from Lexington High School.
- Students will return by van on Saturday night, June 3 to Lexington High School.
- Cost includes all meals, transportation, camping site, LABBB chaperones and fun events (Beach, Mini Golf, Shopping etc.)
- If a student turns 22 on or before June 1, 2017, they may not attend.
- This trip is for High School students and they must have their own tent and sleeping bag.
- Students have to be able to sleep through the night, not be afraid of the dark and noises and have some camping experience.

Because these trips are popular, we have a rule that we will take seniors 1st, and HS students of any age 2nd. 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 Sept. 6th (separate checks please). More details on each trip will be provided closer to the event.

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 for 2016. LABBB and our Best Buddy Chapters are very proud of these accomplishments. We try every year to duplicate that “insanely great” year. We try to get Best Buddies and PALS programs up and running by the end of September, early October for all our chapters.

This survey helps to get the programs at the various sites up and running. The Best Buddies Programs at Arlington, Bedford and Lexington High Schools, and Chenery and Ottoson Middle School are anxious to start as quickly as possible. The PALS programs at John Glenn Middle School, Belmont & Burlington High want to get started early as well.

If your student is interested in PALS or Best Buddies, please answer this survey together and return by September 7th. This will help all involved to get the programs running sooner. If we do not receive a survey back, your student will not be able to participate in a Best Buddies or PALS program for the 2016/2017 school year. Sign ups 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.



Student Name: _____

Program Site & Teacher's name: _____

Past Best Buddy Name if student had one: _____

Parents email address: _____

Parent phone number: _____

Would like same buddy (if had one)

Yes No

Suggestions for activities to do with Buddies _____

Please return by Sept. 6, 2016 & thanks for your help
Paula Rizzo - LABBB Integration & Recreation Coordinator

Best Buddies/PALS Group Activities done in the past: Dances, Ice Cream Socials, Arts & Crafts, Dinners, Movies, Cookie Decorating, BBQ

2015/2016 Season LABBB Basketball Team

Greater Boston Basketball League (GBBL) 2016 Champions!



LABBB Once a Month Activities:

Monday Around Town Dining in Bedford, MA



For LABBB High School students from Bedford, Belmont and Burlington High and Lexington High classes 821, 822, 825 and MMT who enjoy going to restaurants. We will visit restaurants in the town of Bedford, MA, 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 to look at restaurant menu, costs, and decide how much money to bring.

Cost to sign up for the 10 dinner trips is **\$100.00 per student. This does not include the cost of dinner each month for the student.** This cost is for chaperone coverage. 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.

Dates of Dinners: Sept. 26, Oct. 24, Nov. 14, Dec. 5, Jan. 9, Feb. 6, March 27, April 10, May 22, June 12

Thursday Movie Nights



For LABBB High School students who are 17 years old and over. We will go once a month on a Thursday night. 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 time of the movies for that month). Movie selections will be G-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/parents will be notified of movie choices by email on the Wednesday before the Thursday movie.

The cost is **\$230.00 per student** for the year and includes: movie, popcorn, soda & chaperones each month.

Dates of Thurs. Movies: Sept. 8, Oct. 13, Nov. 3, Dec. 8, Jan. 5, Feb. 16, March 16, April 27 May 25, June 8.

Friday Mini Golf Tour



For LABBB High School students in rooms 112, 113, 121, 210, 211, 212, 213, 821, 822, 825, 826, MMT and Belmont High, who enjoy playing mini golf indoors and outdoors. Students will be transported to the various mini golf locations after school (2:00PM). Students will receive instruction on appropriate golf etiquette, skill technique, and scoring for their team.

Following mini golf, we will go out to dinner, then back to Lexington High for pick up at 7:00 or 7:30PM. Dinner will be at locations close to the mini golf location, and students will have to bring cash with them to pay for dinner.

Students/parents will be notified of location by e-mail on the Monday before the Friday trip.

Cost for the program will be **\$200.00 per student**. This includes transportation, chaperones and 10 sessions of mini golf.

Tentative Dates for Mini Golf: Sept. 23, Oct. 14, Nov. 18, Dec. 2 Jan. 20, Feb. 3, March 3, April 7, May 12, June 9

LABBB Ten Week Afterschool Activities:

Tuesday Bowling Program 3:30 – 6:30PM

Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8, 15, 22

For students in Lexington High School rooms: 821, 822, 825, Bedford High, Belmont High, Burlington High and Career Directions. 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).

\$230.00 per student.

Lucky Punch Boxing & Fitness 3:30 – 5:00PM Monday's & Wednesday's

Oct. 5, 17, 19, 24, 26, 31 Nov. 2, 7, 9, 14

For students in Lexington High School rooms: 821, 822, 825, Bedford High, Belmont High, Burlington High and Career Directions (MMT) Students will be transported to Lexington Community Center.

Boxing isn't all about fighting. Boxing training provides a very unique platform for children with autism and special needs to battle their symptoms while also getting some exercise. If nothing else, a boxing environment or gym provides a sensory-seeking dream for the children and they would thoroughly enjoy punching a bag, running around and letting off some steam.

Lucky Punch Boxing & Fitness offers a truly unique, non-contact boxing program that has been specifically designed to include: 30 minute classes, stretching & warm up exercises, instruction on proper stance, body positioning and punching technique, punches in bunches on the heavy bags, shields and punch mitts, boxing conditioning work (jumping rope, pushups and lots of ab work, and partner and teamwork drills).

Space for 12 students only. \$250.00 per student.

Wednesday Recreation Activities 3:30 – 5:00PM

Sept. 14, 21, 28 Oct. 5, 19, 26, Nov. 2, 9, 16, 30

For students in middle and high school classes.

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

Arts & Crafts Class: Students will do a variety of arts and crafts for 10 weeks.

Space for 10 students in this class. \$150.00 per student.

Thurs. Bowling Program 3:30 – 6:00PM

Sept. 15, 22, 29 Oct. 6, 13, Nov. 3, 10, 17, Dec. 1, 8

For students in Arlington High, Lexington High School rooms: 504, 632, 704, 715, 826 and Middle School Programs. Students will be transported to 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).

\$230.00 per student.

LABBB Soccer & Basketball League 2016/17



The LABBB Program will be competing in a Soccer League this fall and a Basketball League in the winter. The games will be played on Thursdays during the school day between 10:30 and 12:45. We understand some students have a work schedule at LABBB. Unfortunately, if they are scheduled to work on Thursdays, they will not be able to participate in these programs.

These teams are very competitive. We will have tryouts for the Soccer Team from September 7-14, 2016. The Soccer Program will carry 15 players on a JV level team. Each player will get a uniform, shin guards, socks, and mouth guards. They will be able to keep all but the uniform, which must be returned at the end of the season.

Tryouts for the Basketball Team will be the week before Thanksgiving break. We will carry 10 players on an A level team and 10+ on a B level team. Each player will get a uniform to use for the season, but must be returned at the end of the season.

There will be a small cost of \$50.00 per player for each team. This cost will cover what is listed above, plus water for each game, officials, and transportation. **No money needs to be paid now; just sign up to try out. When teams are picked, we will send the payment slip.**

If your student is interested in trying out for the LABBB Soccer or Basketball team, please fill in the portion below so that we can coordinate the try out. After the tryouts, teams will be picked and we will notify each player by e-mail. Each player will then receive the medical, parental authorization and payment forms. These will need to be filled out and returned to enable the student to play on the team.

Please send the bottom portion of this form, by mail, to LABBB c/o Paula Rizzo, 251 Waltham Street, Lexington, MA 02421 by Sept. 6, 2016. If you have any questions please e-mail Paula Rizzo at prizzo@LABBB.net.

Student's Name: _____ E-mail Address: _____

I would like to try out for the LABBB Soccer Team or Basketball Team (please circle)

_____ Student's Signature

_____ Parent's Signature

LABBB PLAYBILL®

2016-2017 Season at Cary Hall Lexington

September 16: Peter Yarrow & Paul Stookey

September 28: Story Teller Garrison Keillor

September 29: Colin & Brad "Who's Line"

October 6: Manhattan Transfer & Take 6

October 21: Art Garfunkel

November 20: Michael McDonald

December 3: The Reduced Shakespeare Company

December 15: Vienna Boys Choir Grace Chapel

April 8: Golden Dragon Acrobats

Look for information to come out a few weeks before each event via email, as well as more dates for additional shows. Check out the shows at www.spectacleshows.com

LABBB PLAYBILL WILL SEE A VARIETY OF SHOWS THIS YEAR:



Peter Yarrow & Paul Stookey



Garrison Keillor



Colin Mochrie & Brad Sherwood



Manhattan Transfers & Take 6



Art Garfunkel



Vienna Boys Choir



Golden Dragon Acrobats