



“There will be a time where we must choose between what is easy and what is right”
– A. Dumbledore

Upbeat Update

Berlin Upbeat Quarterly Newsletter Volume 1

December, 2016

What is Upbeat?

Founded in 1988, Upbeat is Berlin's drug and alcohol prevention program.

Who is Upbeat?

- Students
- School staff, teachers and administrators
- Parents
- Police and firefighters
- Community members/town employees

Why does Upbeat work?

Upbeat works because of its enormous appeal to its target groups: school age children, parents, teachers/administrators, Berlin residents, and town officials. The program offers something that each group values as important.

How is Upbeat funded?

The Upbeat Program is funded solely through grants, financial donations, fundraisers, gifts and donations of goods and services by the town, school system, service groups and clubs, the local business community and citizens.



Senior Board 2016-2017



Who is the Director?



Jack Rudy, Berlin Upbeat Director

Jack Rudy grew-up in Berlin. He attended Willard, McGee, and graduated from Berlin High School in 2009. After graduating from BHS he attended the University of Maryland and received a bachelor's degree in elementary education. For two years, Jack taught 6th grade mathematics in Baltimore County, Maryland. Jack is also the Summer Program director for the Berlin Parks and Recreation. He is very excited for the opportunity Berlin has offered him and will be adding his own stamp to such a long-standing program.

Meet the Coordinators

Kara Boninsegna is a 17 year old who loves to dance and play soccer. She is involved in many different clubs at BHS. Kara is the president of Student Government, secretary of Interact, and treasurer of Habitat for Humanity. Kara has also received her Gold Award from the Girl Scouts of America.



Haley Hauptfeld has been part of the Upbeat Program for four years. She joined Upbeat because she wanted to make a positive difference in her community. After Haley graduates from high school, she will pursue engineering in college. She is also a member of the BHS Band, Women's Soccer, and Women's Basketball.

Bridget Fox is a very hard worker and loves rising to the challenge. The reason she joined Upbeat is because she loves volunteering and wanted to meet new people. Her goal in life is to have a career where she can help others. Bridget is also a member of the BHS Band.

Theo Reed is a very active member of the Berlin community. He is involved in the BHS music program and is a high academic achiever. Theo loves to give back to the community that has pushed him to be so successful. He enjoys service projects and is happy to be a part of Upbeat so he can help his peers contribute positively to Berlin and the surrounding communities.



Zoe Zimmer did not grow up in Berlin, she moved to East Berlin in eighth grade. She joined the Upbeat program in her freshman year at BHS and it has been a large part of her life since then. Participating in the leadership weekends has made her more confident. Outside of Upbeat, she is involved with Berlin Parks and Recreation, Habitat for Humanity, Interact Club, and the Berlin High School Band. Zoe is aspiring to attend the University of Hartford to become a special education teacher.

Sports and Health, Hero, and Willard House

Sports and Health House is dedicated to promoting the wellness of the community through physical activities and becoming involved in the different sports programs we have around town. They have already participated in the Fried Dough Booth at the Berlin Fair and helping to set-up for the Homecoming Dance at the high school. Sports and Health House is looking forward to helping the community to live better lifestyles this year.

Hero House is a new house that was added to the 2016 Upbeat Program. Hero House is dedicated to honoring and assisting the heroes of Berlin. This includes Berlin's Police and Fire Departments. Hero House has helped with the "Stuff a Cruiser" event. At the Berlin Fair, Hero House delivered complimentary coffee to members of the police and fire departments who had dedicated their weekend to keeping traffic flow efficient and safe. They have also been a part of many holiday events held by the Berlin heroes.

Willard House works with Willard Elementary School during events like after school tutoring. Willard House will once again be tutoring in kindergarten classrooms. They will be working with three teachers on Mondays and Tuesdays. This year, they have helped the Willard PTO with their Trunk or Treat event.



Upcoming Calendar of Events

Peer Leader Meetings:

- Jan. 9 - BHS Café - 5:30-6:30 pm
- Jan. 23 - BHS Café - 5:30-6:30 pm
- Feb. 6 - BHS Café - 5:30-6:30 pm

Community Team Meetings:

- January 5 - BHS Upbeat Room - 6-7 pm
- February 2 - BHS Upbeat Room - 6-7 pm
- March 1 - BHS Upbeat Room - 6-7 pm

Senior Board Meetings:

- Jan. 11 - BHS Upbeat Room - 11:30 am - 12:30 pm
- Feb. 8 - BHS Upbeat Room - 11:30 am - 12:30 pm
- Mar. 22 - BHS Upbeat Room - 11:30 am - 12:30 pm

McGee Drop-Ins:

- Jan. 13 - McGee – 7-9 pm
- Jan. 27 - McGee – 7-9 pm
- Feb. 10 - McGee – 7-9 pm

Upbeat Peer Leader Projects Completed:

- McGee Drop-Ins
- Food Pantry Assistance
- Goods Drive
- Food Drive
- Afterschool Tutoring
- Santa's Express
- Monster Bash
- Trunk or Treat
- Fall Festival
- Hospital Visits
- Senior Center Dinner and a Show



McGee, Griswold, and Senior Citizen House

McGee House works with the middle school and organizes the Drop-Ins, which are like a school dance. Drop-Ins allow kids to have fun and hang out in a positive and safe environment. They also help with clubs, any school events where extra hands are needed, and helping kids with the transition to high school.

Griswold House works with Griswold Elementary School. They help with Afternoon Adventures and clubs to introduce kids to new activities. They also help the teachers when they have projects. They love being able to work with the kids and show them how much fun they have volunteering. They work to be role models for the kids and to create bonds so they are not afraid to talk to older kids.

Senior Citizen House works with the Senior Center in Berlin. They help at dinners to make sure things to run smoothly. They make cards and help celebrate holidays with them. They want to create bonds between millennials and seniors. It is their job to help support the seniors who have guided the way for the younger generation to be successful.



AAE, Rescue, and BHS Unified House

AAE House is an acronym for Adventure, Activities, and Events. The peer leaders in this house complete community service projects wherever they are needed in town. These projects include face painting and making balloon animals at events with children, bringing joy to the Berlin community.

Rescue House is concentrated on helping the animals! The peer leaders in this house have a passion for helping animals that have been injured or abused. They volunteer at local animal shelters around Berlin, Connecticut. They also work closely with FOBAC and volunteer at the local Pet Smart.

BHS Unified House is focused on the Unified Sports team at Berlin High School. This house consists of peer leaders who participate in practices and games on the Unified Sports team. They all compete in a variety of sports throughout the school year, including soccer in the fall, basketball in the winter, and track in the spring. In addition to this, BHS Unified House completes projects that are centered on helping Berlin High School.



Entertainment, Hospital, and Lions and Mitchell House

Entertainment House is a group of students who thoroughly enjoy expressing themselves through artistic outlets. This house runs projects to display the many talents of the students involved in order to better the community. Entertainment House works hard, thinks creatively, and gets to share their talents in a way that contributes positively to the community.

Hospital House is associated with the Hospital for Special Care located in New Britain. This dedicated group of students volunteers their time twice a week to meet with patients at the hospital to bring their love and support in a time of need. Hospital House organizes card writings and collections to fit the needs of the hospital as they work closely with our contacts. Hospital House also honors “Ma” Crowe who was a long-standing member of the Upbeat family.

Lions & Mitchell House is a new addition to the Upbeat family. The main goal of this house is to work closely with the Berlin Lions Club, assisting them with many of their service projects, whether it be supply drives or projects where they need more hands. In addition to helping the Lions Club, this group of students wishes to continue to honor Ms. Mitchell, the



GEM, Hubbard, and Big Vin House

GEM House is an acronym standing for “going the extra mile” which is exactly what this house does. GEM House is composed of a committed group of students who dedicate their time at the Social Services food pantry on most Wednesdays, after school, to pack bags of food for families in need in Berlin. Students involved in this house are given an opportunity to give back to their community.

Hubbard House is a dedicated group of students who volunteer at Hubbard Elementary School in East Berlin. Examples in the past have included becoming involved with tutoring, volunteering at the school’s holiday events, as well as field days and carnivals. Volunteers within Hubbard House make themselves known by both the students and faculty at Hubbard and help to keep the community between the older high school student and younger elementary student a close one.

Big Vin House is one of the founding houses of Upbeat. The house gains its unique name from Vinny Biscoglio, an influential figure within Upbeat. This house can be best described as the house that is ready to become involved with everyone.



Berlin Upbeat Community Team

The Berlin Upbeat Community Team is an adult organization of The Upbeat Program. The Community Team holds parent informational sessions, assists with the peer leader program, volunteers at the Student Leadership Training Weekends at YMCA Camp Woodstock, and much more. The two big events that the community team works on each year are the Adult Training Workshop and the Town Wide Upbeat Picnic.

The Adult Training Workshop is an event where community members and parents can come together and get valuable information regarding what Berlin students are dealing with today. This year's Adult Training Workshop will have speakers talking about bullying, Opioid drugs, and much more. This is a great time to network with other parents and community members in Berlin.

Our Town Wide Picnic is a long-standing event within the town of Berlin. This is a free event for anyone attending. At this event, community members are able to come together to see some of the great things Berlin has to offer. We provide many different activities and entertainment. Each year, we have McGee and BHS Bands perform along with the chorus from each of the elementary schools.

If you are interested in getting involved in the Berlin Upbeat Community Team, feel free to join us at our next meeting on January 5, 2017, 6 pm at BHS. If you would like more information, feel free to contact Jack Rudy, Upbeat Director, at (860) 828-6577, ext. 2330, or jrudy@berlinschools.org.

Upbeat solely runs off donations and grants. Any penny helps to provide the students of Berlin with a positive experience. If you are interested in donating, please cut off this section of the newsletter and send it with your donation to the address below. Checks should be made payable to Berlin Upbeat.

Donation enclosed: \$ _____

From or Anonymous: _____

(Name)

(Email)

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