



**We Are NM**

## **NMRSD Update Monday, December 5, 2022**

### **Fall & Winter Parent/Caregiver Information Series - FINAL PRESENTATION**

***Wednesday, December 7th @ 6:30 pm - POSTPONED***

***How Do We Create Safe & Welcoming Schools for All Students?***

***How Can We Support Our LGBTQ Students?***

***Jeff Perrotti***

**Unfortunately, this day no longer works for Mr. Perrotti so I will work with him to find another time early in 2023. I apologize for any inconvenience.**

**A Request for Volunteers ...** In the past, Sociology and Psychology students from NMRHS would visit a local correctional facility prison system to see the program Project Youth. However, with the COVID pandemic, these trips no longer occur.

Last year, a panel consisting of police officers, correctional officers, probation officers, mental health counselors, and DCF workers visited the high school. It was a huge hit, and the students and panelists really enjoyed the time together.

Thus, we are seeking volunteers from the NM community who would like to be a part of the 2nd Annual Criminal Justice Panel on April 7, 2023.

We are looking for parole officers (adult and juvenile), corrections officers, K9 officers, judges of the criminal courts, lawyers for criminal court, SWAT members, FBI or federal officers, state troopers, game wardens, forensic psychologists/crime laboratory technicians, police officers, or any other person affiliated with the Criminal Justice System.

Those interested can contact either Ms. Connor ([mconnor@nmrsd.org](mailto:mconnor@nmrsd.org)) or Ms. Chamberland ([bchamberland@nmrsd.org](mailto:bchamberland@nmrsd.org)). We are looking to bring in 12-15 experts in the field. We plan to do it each year, so if we cannot get you in this year, we will bring you in the following years. The time commitment would be from 7:00 a.m. to 12:00 p.m. on April 7, 2023.

### **School 2-Hour Delays/Closings**

As I am sure you understand, calling for a delayed opening or canceling school due to inclement weather is not an easy decision or one that I take lightly.

When making this type of a decision, I collaborate with our neighboring districts as well as the DPW in each of our member towns.

While I will rarely make the decision the night before (this is New England and the forecast is often fluid), I will make the call by 5:15 am. 2-Hour Delays and Closings will be posted on all major television networks, and families listed in Aspen will receive a phone call, email, and text message. Additionally, it will be posted as a banner on our website.

Please note that there may be times when a 2-Hour Delay is called, and there may be a need to change to call for closure if road conditions have not improved.

Usually, the decision is based on whether or not our buses can run safely. With that being said, on the days when the road conditions are less than desirable, I encourage our students to take the bus (this includes our student drivers). Keeping parents and student drivers off the road will limit traffic. As a regional district, our students have the benefit of being guaranteed a seat on the bus.

Ultimately, I realize that regardless of my decision, some will disagree. Therefore, if by chance a parent or guardian feels it is not safe for their child to go to school on a given day due to inclement weather, that is your prerogative as a parent or guardian, and the absence will be excused provided a signed note stating such is brought to the school the next school day.

### **Guest Speaker for All Middle & High School Students**

With coordination from the district's Special Education Parent Advisory Council (SEPAC), we are pleased to announce that Brendan Mahan, M.Ed., M.S., host

of the ADHD Essentials Podcast, will be coming to North Middlesex to talk to the students about anxiety. He will present to North Middlesex Regional High School and Hawthorne Brook Middle School on Monday, December 5<sup>th</sup>, 2022, and the Nissitissit Middle School on Thursday, November 8<sup>th</sup>, 2022.

**He will discuss:**

- What anxiety is (and how it's different from stress)
- How the brain works at different points on the stress/anxiety spectrum and how that affects our behavior
- Big picture strategies to reduce overall anxiety
- Specific strategies to manage anxiety in the moment based on where we are on the stress/anxiety spectrum

Additionally, after his presentations to students, Mr. Mahan will be meeting with the district's mental health team (counselors, psychologists, behaviorists, administrators) to discuss strategies for working directly with students.

***Brendan Mahan, M.Ed., M.S.** is the host of the ADHD Essentials podcast, an internationally recognized expert in ADHD, executive function, anxiety, and parenting, and a sought-after speaker. A former teacher, mental health clinician, and principal, Brendan helps individuals, parents and schools better manage the challenges of neurodiversity with an approach that blends education, collaborative problem-solving, and accountability, with compassion, humor, and a focus on strengths and growth.*

**Substitutes Needed**

The district is searching for confident substitute teachers/paraprofessionals to join our team. If you are a friendly and competent professional interested in education, then we're interested in you. Your duties will include managing classroom activities, student supervision, and support. If you or someone you know are interested in being a substitute in one of our programs (preschool through high school), please reach out to our human services department via this link to apply: [\*\*NMRSD Human Resources\*\*](#)

**Mental Health Referral Service**

As noted in previous weekly updates, the district has again partnered with Care Solace to provide an additional layer of care for our community.

Care Solace helps individuals find mental health care providers and substance use treatment centers. Their Care Companion™ team is available 24 hours per day/7 days per week, to quickly connect you to carefully verified providers in our community. This referral service is open to all employees who work in or residents (regardless of age) of Ashby, Pepperell, and Townsend.

Students, staff, and families may access Care Solace services in two ways:

- **Call (888) 515-0595** at any time. Support is available in 200+ languages. A dedicated Care Companion™ will help you every step of the way to research options, secure appointments, and follow up to make sure it is a good fit.
- For an anonymous search, answer a few questions to get matched with an extensive list of care providers at [caresolace.com/nmrtd](https://caresolace.com/nmrtd)

Care Solace is available for use **at no cost to you**. They will connect you with providers accepting all medical insurances, including Medicaid, Medicare, and sliding scale options for those without insurance. All information entered on the Care Solace tool is entirely confidential and securely stored.

Please note that this service is an optional resource available by choice and is not mandatory to use. Care Solace is not an emergency response service or mental health services provider. In a life-threatening emergency, please call 911 or the National Suicide Hotline at 1-800-273-8255.

If you are interested in counseling-related services for your child, yourself, or another family member, please contact Care Solace for valuable assistance. This is a complimentary resource provided by the district. Please contact your child's counselor if you have specific mental health-related questions.

### **Community Coffees (Virtual)**

All Community Coffees will be virtual and will be held at 4:00 pm on the following Mondays:

December 5th

February 13th

March 27th

May 8th

The Superintendent, Assistant Superintendent, and Director of Student Services will attend the coffees.

### **2022-2023 School Committee Meeting Dates**

For the time being, all sub-committee and most school committee meetings will continue to be virtual as we continue to receive feedback that it is more convenient for the public to attend. Attendance at school committee meetings

is one of the best ways to remain current with district policy, budgetary matters, and news.

All meetings, unless noted otherwise, are held on Monday evenings and begin at 7:00 pm. For the full docket of meetings, please click on the link below:

[2022-2023 School Committee Dates](#)

Please note that these dates are subject to change as committee business necessitates.

**2022-2023 School Calendar**

For the full 2022-2023 school calendar, please click the link below:

[School Calendar](#)