



North Middlesex Regional School District

Serving the towns of Ashby, Pepperell, and Townsend, Massachusetts

Student & Family Support

The North Middlesex Regional School District has compiled a list of resources for your convenience. While these resources are outside of the North Middlesex Regional School districts domain, please feel free to contact your local building administrative teams for support.

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College Information

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Administration and Counseling Staff by Building

<p><u>North Middlesex Regional High School</u></p> <ul style="list-style-type: none"> -Tim McMahon, Principal tmcmahon@nmrsd.org -Laurie Smith, Assistant Principal (Grades 11-12) lsmith@nmrsd.org -Christy Kervin, Assistant Principal (Grades 9-10) ckervin@nmrsd.org -Julia Mancini, School Counselor (Last names: A-Di) jmancini@nmrsd.org -Beth Romano, School Counselor (Last names: Do-K) bromano@nmrsd.org -Nina Arnold, School Counselor (Last names: L-Rh) narnold@nmrsd.org -Elizabeth Lough, School Counselor (Last names: Ri-Z) elough@nmrsd.org -Joshua Weiss, Social Worker jweiss@nmrsd.org 	<p><u>Hawthorne Brook Middle School</u></p> <ul style="list-style-type: none"> -Jason Webster, Principal jwebster@nmrsd.org -Sandi Shepherd-Gay, Assistant Principal sshepherdgay@nmrsd.org -Hayley Landry, School Counselor (5-6) hlandry@nmrsd.org -Courtney Rheault, School Counselor (7-8) crheault@nmrsd.org
<p><u>Nissitissit Middle School</u></p> <ul style="list-style-type: none"> -Diane Gleason, Principal dgleason@nmrsd.org -Lauren Young, Assistant Principal lyoung@nmrsd.org -Melissa Thomas, School Counselor, mthomas@nmrsd.org -Natasha Santiago, Social Worker nsantiago@nmrsd.org 	<p><u>Ashby Elementary School</u></p> <ul style="list-style-type: none"> -Anne Cromwell-Gapp, Principal agapp@nmrsd.org -Susan Kraemer, Adjustment Counselor skraemer@nmrsd.org
<p><u>Spaulding Memorial Elementary School</u></p> <ul style="list-style-type: none"> -Kate Guziejka, Principal kguzieka@nmrsd.org -Kristen Pratt, Assistant Principal kpratt@nmrsd.org -Katie Bettez, School Counselor kbettez@nmrsd.org -Abigail Enochs, Adjustment Counselor aenochs@nmrsd.org 	<p><u>Varnum Brook Elementary School</u></p> <ul style="list-style-type: none"> -Dr. Tara Hanley, Principal thandley@nmrsd.org -Jill Jarvis, Assistant Principal, jjarvis@nmrsd.org -Allie Chartrand, School Counselor achartrand@nmrsd.org -Abigail Enochs, Adjustment Counselor aenochs@nmrsd.org
<p><u>Squannacook Early Childhood Center</u></p> <ul style="list-style-type: none"> -Anne Cromwell-Gap, Principal, agapp@nmrsd.org 	

Financial & Food Support Resources

Local Services

- **PACH Outreach**
66 Hollis Street, Pepperell MA
978-925-9770
<http://pachoutreach.org/wp/>
Services: Food Pantry, Food Assistance Programs, Resource Referrals, Fuel Assistance
- **Townsend Ecumenical Outreach (TEO)**
82 Bayberry Hill Road, Townsend MA
978-597-2209
Food Pantry
- **Worcester County Food Bank Inc**
375 Nichols Rd, Fitchburg, MA
(508) 842-3663
<https://foodbank.org/>
- **New Beginnings United Methodist Church**
265 Main Street, Townsend MA
978-597-2486
- **Breakfast and lunch** is available for all students to pick-up daily at **North Middlesex Regional High School**.
- Delivery will not be available at this time, however, parents can feel free to work together to arrange meal pick-ups for other students who cannot access a ride. Although federal reimbursement is not an option at this time, all students will be asked to sign in upon pick up. It will work in the following manner:
 - **Parents/Guardians will order food on a daily basis by using the [Meal Request form](#) daily**
 - Parents/Guardians will select from options in the email for both lunch and breakfast.
 - Whitson's will provide students with lunch for that day and breakfast for the next day.
 - **Pick-up times will be 9 am - 11 am on a daily basis on weekdays only.**
 - All pickups will be at the loading dock area behind NMRHS - please follow the driveway along the rear of the high school to access the loading dock.
 - In order to avoid waste, all meal requests must be ordered on a daily basis for the next day.

To email food services, the address is: foodservices@nmsrd.org

Meal Deliveries

- **C&S Pizza**

55 Main Street, Pepperell MA
978-433-2034

Offering free lunch to children on a free and reduced lunch plan during the school closure

- **Pizza Pizzazz**

75 Main Street, Pepperell MA
978-433-9535

Offering free lunch to children on a free and reduced lunch plan during the school closure

- **Salvation Army**

<https://massachusetts.salvationarmy.org/MA/LOWNeedHelp>

Address: 150 Appleton Street, Lowell, MA 01853-1456

Phone: 978.458.3396 | Fax: 978.458.4923

Current Programs:

-Choice Food Pantry is a supplemental food pantry for families with food insecurity and financial needs. The program is open to eligible families Mondays, Wednesdays, and Fridays from 9-11 am. Requirements: valid Photo ID, rent/mortgage receipt or statement, proof of income for all working members of the household and utility bill.

-SAGE (Salvation Army Golden Era) Senior Center: Interested adults must be 55 years of age or older. Program is open on Tuesdays and Thursdays: Complimentary Breakfast 8:30 -10 am
Lunch is served at 11:30 am (suggested donation \$2)

For More Information about our SAGE Program, Please Call 978-458-3396, Ext. 227

-Utility Assistance: Seasonal application period. Operating hours during enrollment period are 9-4 pm Mondays - Fridays. This program is open to families who meet the income guidelines and who are not eligible for other heating assistance programs.

- **Salvation Army/Montachusett Corps Community Center**

Address: 739 Water Street, Fitchburg, MA 01420-6479

Phone: 978.342.3300 | **Fax:** 978.345.4155

web: www.SalvationArmyMA.org/Fitchburg

Contact: Lynnette Valentine | lynnette.valentine@use.salvationarmy.org

State / Federal Services

- Department of Unemployment Assistance (DUA)
 - **Unemployment benefits:** If you have recently been laid off due to COVID-19 you are entitled to submit an application for eligibility consideration for unemployment benefits <https://www.mass.gov/applying-for-unemployment-benefits>
 - The unemployment application can also be translated into 12 languages:
 - Spanish, Portuguese, Haitian Creole, Chinese, Vietnamese, Russian, Khmer, Lao, Italian, French, Korean, and Arabic <https://www.mass.gov/dua-multilingual-services>
- Department of Transitional Assistance (DTA)
 - **Food Assistance:** SNAP (formerly known as Food Stamps) are nutrition support for families. Eligibility is determined based on household size, income, expenses, and other nonfinancial criteria. <https://dtaconnect.eohhs.mass.gov/>
 - **Cash Benefits:** Families who have lost income and are not eligible to receive unemployment benefits can submit an application for eligibility consideration for TAFDC benefits (Transitional Assistance for Families with Dependent Children). Eligibility is based on income, assets, household size. All applications will be handled via telephone. Please call 978-446-240
 - **Transitional Housing:** ywcacm.org , 508-767-2505, 54 Main Street, Leominster, MA 01453
jdiaz@ywcacm.org .
- MassHealth
 - **Medical Insurance:** Families in need of health insurance can apply online for MassHealth benefits.
<https://www.mass.gov/how-to/apply-for-masshealth-the-health-safety-net-or-the-childrens-medical-security-plan>
- WIC

Women, Infant and Children Nutrition Program Applications are accepted online
<https://www.mass.gov/forms/apply-for-wic-online>
WIC informational brochure
<https://www.commteam.org/wp-content/uploads/2017/01/the-wic-card-brochure.pdf>

COVID-19 Information and Prevention

- Federal Resources

- Center for Disease Control and Prevention -CDC current information on COVID-19
 - ***Shared facts about COVID-19 (English)***
 - <https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>
 - ***Shared facts about COVID-19 (Spanish)***
 - https://www.cdc.gov/coronavirus/2019-ncov/downloads/315446-B_FS_ShareFactsAboutCOVID-19.pdf
 - ***Information on how to protect yourself***
 - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>
 - ***What to do if you are sick***
 - <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
 - ***Creating a household plan in response to COVID-19***
 - https://www.cdc.gov/coronavirus/2019-ncov/prepare/get-your-household-ready-for-COVID-19.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F

- State Resources

- Visit this site for current COVID -19 information regarding the State of Massachusetts
 - <https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19>
 - MA COVID-19 Helpline - connection to a live conversation regarding the latest resources and available assistance programs
 - <https://mass211.org/>
 - <https://www.masslive.com/coronavirus/2020/03/coronavirus-in-massachusetts-health-officials-expand-state-help-line-to-provide-information-about-covid-19.html>

General Information for Parents and Children

- Parenting / Working from home

- CBS All Access: Advice and tips for parents navigating work from home
 - https://www.cbs.com/shows/cbs_this_morning/video/VKpHCX_GKpBeJXRlpPN SKkPO7obX1Q/tips-for-working-from-home-during-the-coronavirus-pandemic/
- Working from home during the coronavirus crisis with kids underfoot? Here are 9 ways to cope
 - <https://www.cnbc.com/2020/03/17/working-at-home-with-kids-during-covid-19-crisis-with-kids-underfoot.html>

- How to work from home the right way
 - <https://www.bbc.com/worklife/article/20200312-coronavirus-covid-19-update-work-from-home-in-a-pandemic>
- Coronavirus and Parenting: What You Need to Know Now
 - <https://www.npr.org/2020/03/13/814615866/coronavirus-and-parenting-what-you-need-to-know-now>

Self-Care/Caring for Children

- Managing Stress and Anxiety: SAMHSA Coping with Stress During Infectious Disease Outbreaks
 - <https://store.samhsa.gov/system/files/sma14-4885.pdf>
- Taking Care of Your Behavioral Health
 - <https://store.samhsa.gov/system/files/sma14-4894.pdf>
- World Health Organization - Helping children cope with stress
 - https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2
- American Red Cross: Coping and Well-Being
 - http://www.cidrap.umn.edu/sites/default/files/public/php/197/197_coping.p

Self Help Programs and Services

Crisis Hotlines (Domestic Violence, Suicide Prevention)

- **Domestic Violence Hotline: Alternative House, Lowell**
1-888-291-6228 (24/7)
 - There are currently 1 domestic violence and abuse shelters and programs in Lowell, MA with 1 offering a hotline and 1 offering emergency shelter. Outside of this city and still nearby, you can also find help at these 48 domestic violence and abuse [shelters and programs](#) in places like Lawrence, Burlington, and Nashua. If you have questions, consider reading these [domestic violence facts and statistics](#), our archive of 750 [domestic violence articles](#), [recommended books on domestic violence](#), or these insightful [stories about domestic violence](#) survivors.
- **YWCA**
ywcacm.org , 508-767-2505, 54 Main Street, Leominster, MA 01453
 - **24-Hour Helpline: 508-755-9030** or <http://ywcahelp.com> for a chat option

- **National Suicide Hotline**
1- 800-442-4673

- **MOBILE CRISIS INTERVENTION (MCI):**
 - Call (800)977-5555 for MassHealth-enrolled youth up to 21, this service mobilizes to the home or other site where a youth is located (School). Service is provided 24/7/365 at all locations. Request a mobile crisis team to come to your location and evaluate the child

- **William James College- INTERFACE Referral Service- 888-244-6843**
 - The William James INTERFACE Referral Service is a mental health and wellness referral Helpline available Monday through Friday, 9 am-5 pm, at **888-244-6843 (toll free)**. This is a free, confidential referral service for individuals across the lifespan living in participating communities.

Substance Abuse Treatment & Prevention

- **AA online meetings and resources**
 - <https://www.aaonlinemeeting.net/>

- **SAMHSA National Hotline**
 - **1-800-662-4357** <https://www.samhsa.gov/find-help/national-helpline>
 - SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

- **Alcohol Treatment Pepperell**
27 Maple St #164, Pepperell, MA 01463
1 (866) 687-1568 wearefoundation.org

- **Front Door Recovery Group**
Time: Mar 19, 2020 07:00 PM Eastern Time (US and Canada)
Every week on Thu, until Apr 30, 2020, 7 occurrence(s)
April 2, 9, 16, 23 & 30 7:00 PM
 - Join Zoom Meeting
<https://zoom.us/j/399172107?pwd=dzZLTGFxSU54VFNMb1pPN2grUU5FdZ09>
 - Meeting ID: 399 172 107
 - Password: 427055

EMERGENCY DEPARTMENTS (ER/ED):

- Health Alliance Hospital – Leominster, MA
60 Hospital Rd, Leominster, MA 01453
(978) 466-2000
- Nashoba Valley Medical Center – Ayer, MA
200 Groton Rd, Ayer, MA 01432
(978) 784-9000
- Lowell General Hospital (On-Sight Youth Psychiatric Unit)
295 Varnum Ave, Lowell, MA 01854
(978) 937-6000
- Emerson Hospital (On-Sight Youth Psychiatric Unit)
133 Old Road Nine Acre Corner, Concord MA 01742
(978)369-140

Information from Utility Companies

Cell Phone & Internet Information due to COVID-19

- **Comcast:** <https://www.internetessentials.com/covid19>
- **ATT:** <https://about.att.com/pages/COVID-19.html>
- **T-Mobile :**<https://www.t-mobile.com/brand/ongoing-updates-covid-19#customers>
- **Verizon :**<https://www.verizon.com/about/news/update-verizon-serve-customers-covid-19>
- **Spectrum:** <https://www.buyinternetcable.com/blog/spectrum-free-internet>

Heat / Electricity

- **National Grid:** <https://www.nationalgridus.com/COVID-19>

College Information

- **Required College / Dorm deposits:**
 - Many colleges have pushed back required deposit dates. Please check the website of the school you are planning to attend for date change information.
- **NACAC College Admission Status Update:**
 - “NACAC is providing this online tool as a central resource for information about changes in college admissions, deposit dates, and more as a result of the coronavirus outbreak.”

- <https://www.nacacnet.org/news--publications/newsroom/college-admission-status-coronavirus/>
- **SAT Information:** Latest updates from CollegeBoard regarding SAT testing
 - <https://pages.collegeboard.org/natural-disasters>
- **Khan Academy:** free SAT / PSAT prep for students
 - <https://www.khanacademy.org/test-prep/sat/full-length-sat-1>
- **Naviance:** All NMRHS students have a Naviance account that will allow them to research and even conduct virtual tours
 - <https://www.naviance.com/>