

NBPS Newsflash

December 2022



Greetings Team NBPS, Happy Holidays!

I know that we are all excited for the upcoming holidays along with a longer winter break this year thanks to Christmas and New Year's Day falling on weekends. Our next 14 days of school are very important as we end classes on December 22, and will have completed 40% of the 2022-2023 school year.

I appreciate that we be focused on our work while we begin to enjoy the season. Our support of our students, colleagues and families is what matters most.

Our Second Annual Thanksgiving Turkey Luncheon for students was a BIG success and an exciting way to kick-off the holiday season. My sincere thanks to our dedicated Food Services staff and the central administration staff who assisted them in cafeterias across the district.

If you missed the Wellness Fair on November 17 at Keith Middle School, please mark your calendar to attend HCS' Virtual Wellness Fairs on December 8 and December 15 - see page 3 for more information.

We will also observe our 4th Annual NBPS Kindness Day on Monday, December 12. I look forward to seeing all of the ways our schools will mark the day – including with small activities, projects, conversations or some other special way. Remember, change starts with US – Be Kind! In addition, please take time to acknowledge Human Rights Day on December 10. www.ohchr.org/en/get-involved/campaign/human-rights-day

I appreciate all that you do and please continue to prioritize our health and think of this holiday season as we keep practicing safe strategies, including getting flu and COVID vaccinations and boosters.

Wishing you a happy holiday season and a healthy New Year.

Thomas Anderson
Superintendent



Travelling
through life
with curiosity
rather than
judgement is
how one
finds the
magic in each
moment.

— Erin Chatters

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Employee Spotlight



Lisa Carney

Teaching and Learning Support
Thomas R. Rodman School



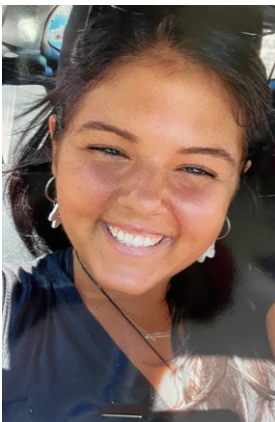
Mrs. Carney is a person who is able to meet every staff and students' needs before they realize it themselves and she is ready with an immediate intervention and solid plan. Always approachable and accessible, Mrs. Carney is always willing to listen and help solve any issue. She is a Renaissance woman who is capable in many areas. Whether she is facilitating her "Mindful Minute," leading professional development, or planning with teachers, Mrs. Carney models her expertise for staff and students. She is the first person to recognize staff for accomplishments and takes on any task with enthusiasm and determination. In addition to coaching teachers this year, Mrs. Carney organized and managed a successful Scholastic Book Fair (the first one in many years). She is an asset to Rodman and to the NBPS community.

— Amy Huston, Principal, Thomas R. Rodman School



Kaitlyn Arruda

Building Based Substitute
Betsey B. Winslow School



Ms. Arruda is a Building Based Substitute at Winslow School. She has a genuine nature to help others and knows exactly what every student needs to be encouraged for success and realize their own ability. Her compassion makes her able to relate to all types of students. Ms. Arruda is willing to do any task asked of her for the betterment of the students and staff at Winslow. She has worked in every grade level and the students continuously ask for her to come back. She is currently pursuing her certification in education. Her love of learning and creativity will make her a natural to the profession. The Winslow staff and students are very fortunate to have Kaitlyn working with us. She is the epitome of positivity, dedication, and sincere desire to help children grow.

— Carolyn Pontes, Principal, Betsey B. Winslow School



2022-2023

www.newbedfordschools.org



VIRTUAL WELLNESS OFFERINGS

Check Out Our Upcoming Sessions

December 8th
2:00-5:00 PM

- Cooking Demo- From My Kitchen to Yours!
- Holiday Dining Solutions
- Goal Setting & Reaching Solutions
- Shake It Up
- Mindfulness 101
- Supermarket Savy



SCAN TO REGISTER

December 15th
2:00-5:00 PM

- Restorative Yoga
- Ditch the Diet
- Healthy Hydration
- Cooking Demo- From My Kitchen to Yours!
- Stretch Your Pantry
- Guided Stretch
- Supermarket Savy



SCAN TO REGISTER

Congratulations

2022 Fall Step Challenge Winners



New Bedford Public Schools would like to recognize and congratulate all employees that participated in the Fall Step Challenge (September 12, 2022—October 24, 2022).

We would also like to take this time to announce top ranking teams for this year. To successfully complete this challenge, a total of 294,000 steps are required.

233 Employees Enrolled — 196 Employees completed 85% competition rate

First Place — Fast Feet & Top Stepper

Lori Silvia — 3,045,741 Total Steps

Second Place — Carney 100

Jenna Anctil, Mary Carvalho, Dylan Chasse, Donelle Clark, Phoebe Clements, Suzanne Laplante, Kaitlyn MacDonald, Heather Macedo, Jodi Maitoza, Tala McNeilly, Sarah Mello, Maria Noel Motta, Jacob O'Brien, Ryan Saucier, Jessica Silva, Tanya Viera

Third Place — PE/Health

Celeste Costa, Melissa Renauld



FOOD & NUTRITION SERVICES UPDATE



LOCAL
INGREDIENTS!



Local Beef Served in Our School Lunch Program

Throughout the months of September, October and November the ground beef used in our scratch-made recipes was sourced locally from New England farms!

1. Twin Willows Farm, Westport, MA
2. Jordan Farm, Dartmouth, MA
3. Ferry Farm, Westport, MA
4. Valley Side Farm, Woodstock, CT

The local beef was used district-wide in the shepherd's pie, nachos, tacos and in NBHS's pastelón.

This endeavor aligns with our long term goal to increase the use of locally-sourced ingredients and scratch-made recipes in our school meal programs!

Kale Soup is Back!

On November 17th Portuguese kale soup was reintroduced to our menus and was a great success! This menu item was brought back as we look to focus on authenticity in representing the City's local Portuguese culture and cuisine. As we move through winter, kale soup will be on the menu again.



Thanksgiving at New Bedford Public Schools

It was a great joy to make and serve our annual Thanksgiving meal to all students of NBPS! This year we served turkey, stuffing, mashed potatoes, gravy, cranberry sauce, roasted butternut squash, a whole grain dinner roll, an apple and milk!



Honorina C., Gabriela V., Patricia C., Maria M.- Pulaski Elementary School Staff



Tray of the day at Lincoln Elementary School



From left to right: Isa F., Maria A., Diane C., Carolyn L., Rebecca R., Ana C., Rosalinda S., Wendy T., Angela T., Elisangela G. - some of the Gomes Elementary School staff



Gabriela V.— Pulaski Elementary School



(Left) Russell L. - Curriculum, Data & Assessment Manager helping serve at Pulaski Elementary School



Maria A. - Roosevelt Middle School



Community Corner

*Volunteers are needed throughout our community**



Because We All Have Gifts To Give

Young people, from all backgrounds, learn, experience and come to understand the power of giving, and service through their doing actual work.

We call it Tangible Philanthropy and Big Citizenship.

Every year, thousands of volunteers process donated children's items to create individual gift packages which are then gifted to local children-in-need. With over 70,000 local children living in poverty the need is overwhelming and our volunteers are a critical component to helping these children.

Volunteer Opportunities Include

Sort and Inspection Toy Donations

Process Clothing Donations

Manufacture Wrapping Paper for Our Birthday Program

Book Processing

Package "Welcome Baby"

Loading Dock

Maintenance at the Factory

Arts and Craft and School Supplies

Manage a Department or Task

Fulfill Requests for Gift Packages

Thrift Store

[Fill out this form to get started!](#)

****NBPS District Goal #4 – "Increase awareness of staff to the benefits, partnerships, and opportunities to become a bigger part of the greater New Bedford Community."***

IRS Announcement: Contribution Limits for 2023!



The IRS has just released the contribution and benefit limits on pension plans and other retirement items for the 2023 tax year. These changes, published in Notice 2022-188, have increased contribution limits to various retirement planning options which allows participants to save more going forward.

We encourage you to share these updated limits with your employees as they begin to consider their contributions to their retirement for the 2023 plan year.

Limits to contributions into a 401(k), 403(b), and most 457 Plans has been increased from \$20,500 (2022) to \$22,500 (2023), allowing participants of those plans to save more for their retirement.

Catch-up contributions for employees age 50 and over who participate in these plans has increased from \$6,500 (2022) to \$7,500 for the 2023 tax year.

QUESTIONS?

Have questions regarding these updated limits? Feel free to contact ADMIN Partners at 877-484-4400 or by email at Service@youradminpartners.com.

To review the official IRS Notice 2022-188 [CLICK HERE](#)



EDUCATION PROFESSIONALS:

AIC WANTS TO MEET YOU!

**VIRTUAL SCHOOL OF EDUCATION
GRADUATE INFORMATION SESSIONS**

New Bedford Schools Virtual Graduate Information Sessions

Meet with admissions staff to learn more about AIC's educator prep programs, the application process, **initial and professional licensure opportunities**, and our convenient virtual format. Application fee waiver provided to all attendees.

DECEMBER 6



**TUESDAY
3:30 PM EST**

DECEMBER 14



**WEDNESDAY
3:30 PM EST**

To register, scan the event code or visit aic.edu/grvirtual



90%

OF GRADUATES EMPLOYED
AT MA PUBLIC SCHOOLS*

97%

OF GRADUATES REMAIN
EMPLOYED FOR 2 YEARS*

*According to the Massachusetts
Department of Education

INITIAL LICENSE

**EARLY CHILDHOOD
EDUCATION**

ELEMENTARY EDUCATION

**MIDDLE & SECONDARY
EDUCATION**

MODERATE DISABILITIES

READING SPECIALIST

SCHOOL COUNSELING

**SCHOOL ADJUSTMENT
COUNSELING**

SCHOOL LEADERSHIP

PROFESSIONAL LICENSE

**EARLY CHILDHOOD
EDUCATION**

ELEMENTARY EDUCATION

MODERATE DISABILITIES

The New Bedford High School Drama Club
presents

A Christmas Carol

An original adaptation, inspired by the
classic text by Charles Dickens

December 2 & 3 at 8pm

December 4 at 2pm

NBHS Bronspiegel Auditorium

Tickets & Info:

our.show/nbhscarol

\$2 off with code NBPSSTAFF



NBHS Performing Arts Department

WINTER CONCERT

Special Performances by the
students of New Bedford
High School

DECEMBER 13, 2022

7:00 P.M.

BRONSPIEGEL AUDITORIUM

SATB Show Choir, Concert
Chorale, Treble Chorus, Select
SSA, Jazz Band, String
Orchestra, Concert Band,
Symphonic Band, and the Jazz
Combo



Around Our Schools

NEW BEDFORD PUBLIC SCHOOLS WELLNESS FAIR

KEITH MIDDLE SCHOOL COMMUNITY ROOM
NOVEMBER 17TH

HIGHLIGHTS



See page 3 for
info on
**NBPS Virtual
Wellness
Offerings**
on Dec. 8th
and
Dec. 15th!



DISTRICT-WIDE CHORAL FESTIVAL

Performances by:

Elementary Festival Chorus
Roosevelt MS Chorus
Keith MS Chorus
Normandin MS Chorus
NBHS Choruses
NBHS Show Choirs

TUESDAY, DECEMBER 20th

7pm

NBHS Bronspiegel Auditorium

Winter Weather Notifications

Cancellations & Early Dismissals will be
Posted on www.newbedfordschools.org
and sent to the following media:

- *NBPS Facebook/Twitter*
- *NB Cable Ed Channel 9*
- *New Bedford Guide*
- *NB Standard-Times*
- *TV4 WBZ Boston*
- *TV5 WCVB-TV Boston*
- *TV6 WLNE Providence*
- *TV7 WHDH-TV Boston*
- *TV10 WJAR Providence*
- *TV12 WPRI Providence*
- *TV25 WFXT Boston*
- *WBZ 1030AM Boston*
- *WRKO-680AM Boston*
- *WSAR-1480AM Fall River*
- *WBSM-1420AM*
- *WFHN FUN107-FM Fairhaven*