



NBPS Newsflash

January 2021

Greetings Team NBPS,

I hope that everyone has had an excellent start to the New Year! Thank you for your continued effort as we use our sphere of influence to make a positive impact on those around us. Although 2020 is now behind us, some of its challenges remain. We must be vigilant and continue to work together to follow the precautions that have made it possible for our over 9,000 students to attend school in person over these last few months.

These winter days are short and the next six weeks before the February break will speed by. It is paramount that we focus all our resolve to support students social emotional wellness and advance their learning during this critical time.

I am proud of the work that has been done in New Bedford Public Schools. I appreciate your efforts as we have been able to also provide parents with the option to have about 4,000 students engage remotely in their learning in the NBPS distance learning academy. I know that we all agree that this remains a challenge, but we have the team to keep the educational process safely moving forward.

As a PreK-12 education system, we will be included in Phase 2 of the state COVID-19 vaccination plan. If you have not done so already, please complete this COVID Vaccine Interest Survey. Completion of this survey will help to ensure those wishing to be vaccinated in Phase 2 will be prioritized based on vaccine availability.

Remember, WE are ALL in this together. Think of others, MASKUP, and stay safe.

Sincerely,

Thomas Anderson

Superintendent



“We may have all come on different ships, but we’re in the same boat now.”

– Martin Luther King, Jr.



INSIDE THIS ISSUE

- Employee Spotlight: 2
- All One Health Webinars: 3
- Employee Assistance: 4-5
- BCBS Smart 90: 6-7
- SMART Plan: 8
- Identity Protection: 9
- Impact of Trauma: 10
- K Registration: 11
- Notices: 12

Employee Spotlight

Amy Klatt & Amy Bousquet AKA “Amy Squared”

School Nurse & Teaching and Learning Specialist
John A. Parker Elementary School



Amy Klatt is Parker's School Nurse and Amy Bousquet is Parker's TLS, however "Amy Squared" wear many hats these days at Parker! According to Parker School Principal Jennifer Mainelli, both members of the Parker team go above and beyond the expectations set forth in their job descriptions.

Nurse Amy not only oversees the attendance team, but she makes individual phone calls to families daily to support both our in-person and virtual attendance staying above 90%! She also makes classroom wellness checks with her nursing cart in order to keep students out of the hallways, and to keep all students and staff safe while in the building. Principal Mainelli says “Nurse Amy is always available to support the Parker team in adhering to all safety guidelines!”

Ms. Bousquet (the other Amy in Amy Squared) plans and implements targeted professional development around all areas of teaching and learning. She oversees the Teacher Leader Cohort to facilitate targeted and specific hybrid learning planning during weekly TCT, and coaches individual teachers in planning and implementing both in-person and distance learning to all Parker students in cohorts 1, 2, and D! Principal Mainelli shared “Ms. Bousquet is always willing and able to lend a helping hand in ANY area of the building!”

Ms. Mainelli went on to say “Parker School would be lost without Amy Squared... we're so lucky to have such dedicated team members! Thanks so much for all you do from the whole Parker crew!”



Live Webinar Schedule



WELL-BEING. DONE WELL.

*Webinars listed in blue are hosted by mylifeexpert.com

Webinars listed in blue require company code: *newbedford*

DATE/TIME	TOPIC	CLICK HERE TO REGISTER
Wednesday, Jan 13th 1:30pm-2:30pm EST	<i>Leading During Uncertainty</i>	
Thursday, Jan 21st 12pm-12:30pm EST	<i>Grace over Goals; Resolutions in the Pandemic</i>	
Tuesday, Feb 9th 1:30pm-2:30pm EST	<i>Helping College Students Thrive in the New Normal</i>	
Thursday, Feb 25th 12pm-12:30pm EST	<i>Navigating Loneliness and Isolation</i>	
Tuesday, Mar 9th 1:30pm-2:30pm EST	<i>BIAS is a Four-Letter Word</i>	
Thursday, Mar 25th 12pm-12:30pm EST	<i>Fostering Inclusivity in the Remote World</i>	



Can't attend a desired webinar? No problem!

Simply visit www.allonehealth.com/blog or mylifeexpert.com to view all recorded sessions and download accompanying materials.



EMPLOYEE ASSISTANCE PROGRAM

Financial worries, aging parents, job stress, health issues - Everyone faces challenges from time to time, with your EAP you don't have to face these things alone.

This includes solutions such as:

ANYTIME, ANYWHERE

Reducing barriers to access through technology
INCLUDES: 24/7/365 Telephone Support, Mobile App with Chat Functionality, Video Counseling and Web Portal

PERSONAL ASSISTANT

Our Personal Assistant helps individuals with their "to do" list. It can be difficult to find extra time in the day to manage everyday tasks. We help lighten the load through researching the best options to benefit you and your loved ones.

SERVICES INCLUDE: Entertainment & Dining, Travel & Tourism, Household Errands, Service Professionals

COACHING

We help employees and their household members achieve their personal and professional goals by providing coaching that meets needs in many of life's domains. A coach works actively to help individuals assess their current situation then develop goals to meet their stated expectations. A coach is an accountability partner and helps individuals overcome obstacles to achieve goals. **COACHES HELP WITH:** Life Transitions, Work/Life Balance, Goal Setting, Improving Relationships, & More.

MEDICAL ADVOCACY

Medical Advocacy is a new approach to maneuvering through the healthcare system. It offers strategies to promote employee health, productivity, and well-being by serving patient populations throughout the entire lifespan and by addressing health problems in every category of disease classification and in all disease stages.

WE HELP WITH: Insurance Navigation, Doctor Referrals, Specialist Referrals, Care Transition, Discharge Planning, Adult Care Coach

LEGAL/FINANCIAL RESOURCES

Legal and Financial resources and referrals are available to connect employees with experienced, vetted professionals in their topical area of legal and financial needs.

RESOURCES INCLUDE: Divorce/Custody, Bankruptcy, Budgeting, Estate Planning/Wills, Personal Injury/Malpractice, Major Life Event Planning

MENTAL HEALTH COUNSELING

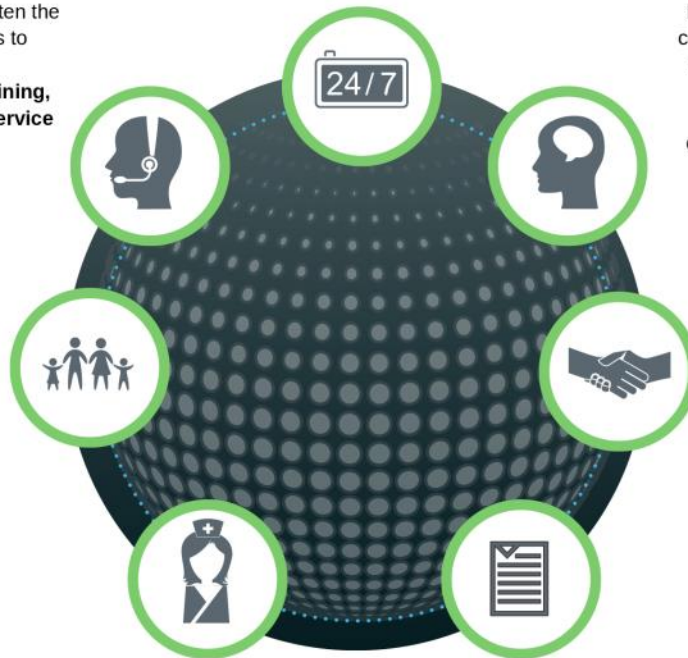
When overwhelmed with personal, work or life stressors, mental health counseling can be a lifesaver. Our licensed master's level counselors support you and your household members through difficult times providing confidential assistance 24/7.

WE HELP WITH: Family Conflict, Couples/Relationships, Substance Abuse, Anxiety, Depression

WORK/LIFE RESOURCES

Navigating the practical challenges of life, while handling the demands of your job can be stressful. Work/Life resources and referral services are designed to provide knowledgeable consultation and customized guidance to assist with gaining resolution to everyday hurdles.

RESOURCES INCLUDE: Adoption, Elder/Adult Care, Parenting, Child Care, Special Needs Support, Wellness



PRIVATE, CONFIDENTIAL, & AT NO COST TO YOU FOR YOU AND YOUR HOUSEHOLD MEMBERS

Your participation with your EAP is voluntary and strictly confidential. We do not report back to your employer about the things you discuss in private counseling conversations.

*Continued on
Page 5...*

Continued
from Page 4...

MY LIFE EXPERT

Feeling Connected & Supported 24/7/365

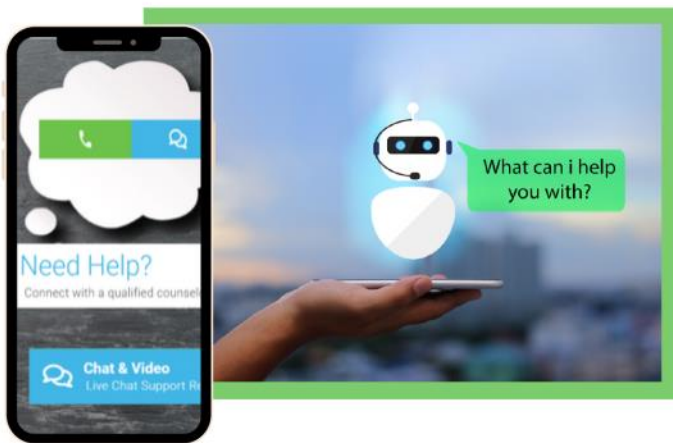
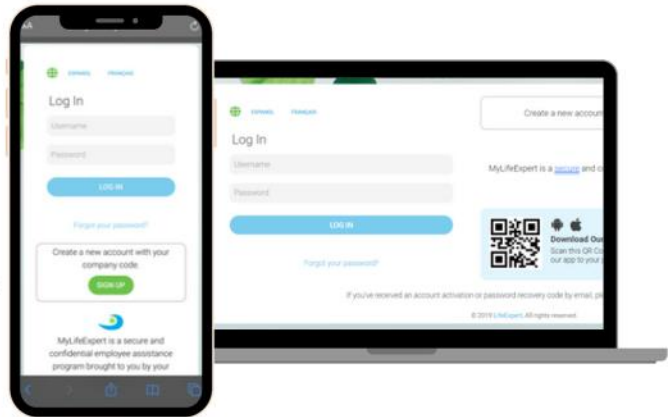
To access this portal you can call our toll-free number or download the app to the home screen of your mobile device without even visiting an app store, by simply visiting mylifeexpert.com or scanning the **QR code** at the bottom of this page.

TO LOGIN:

- Click "create a new account with your company code"
- Insert your company code
- Follow instructions included in the activation e-mail
- Play, learn, and discover!

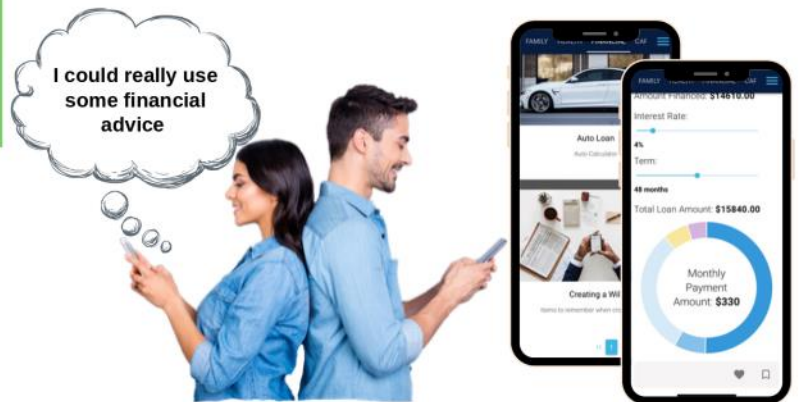
TELEPHONE, CHAT, & VIDEO ACCESS

Our professionally trained consultants are available 24/7/365 days-a-year to help you instantly with a multitude of issues including mental health and Work/Life balance.



WORK & LIFE RESOURCES:

Life Expert provides access to thousands of up-to-date topic-related articles, videos and worksheets. Some topics include: Financial & Legal, Family, Education, Health, Wellness, Career, Military, everyday living and much more.



HEALTH & LIFESTYLE ASSESSMENTS:

Surveys are provided to you with a quick assessment on financial, health and addiction issues. These surveys are designed to deliver targeted resources and information to meet your needs. You can save these assessments and recommendations to your profile for future use.



INTERACTIVE CHECKLISTS:

Life Expert provides you with interactive tools to help with issues such as family, health, and other life situations. You can save these checklists to your personal profile for future use.



Download The App at: MyLifeExpert.com

Company Code: newbedford

Toll-Free: 508-990-0777

ALLONE
HEALTH



MASSACHUSETTS

INTRODUCING SMART90®

Convenience. Savings. Smart.

Getting 90-Day Supplies of Certain Maintenance Medications Saves You Time and Money.

With Smart90, you can get 90-day supplies of certain maintenance medications from a CVS Pharmacy™ location or by mail order when you order them through Express Scripts®, an independent company that administers your pharmacy benefits on behalf of Blue Cross Blue Shield of Massachusetts. Maintenance medications, also known as long-term medications, are prescribed to treat chronic or ongoing conditions, such as high blood pressure or diabetes. To view a list of medications that are eligible for the Smart90 program, please visit myblue.bluecrossma.com/90daymeds.

Advantages of Using Smart90

Smart90 saves you time and money. You'll pay less for a 90-day supply than you would for three 30-day supplies of your maintenance medications. You'll also be less likely to miss a dose since you won't have to refill as often.

Smart90 Pharmacies:

- Express Scripts
- CVS Pharmacy

Where to Get Your 90-Day Prescriptions

You have the choice to pick up your 90-day supply at any of the 9,800 CVS Pharmacy retail locations nationwide, or have it delivered to you when ordered through Express Scripts. Either way, you pay the same amount.



*Includes CVS within a Target® location

SMART90 SAVINGS EXAMPLE

Type of Prescription	What You Pay		
30-Day Prescription	Tier 1 Medication Copay ¹ \$10	Tier 2 Medication Copay ² \$25	Tier 3 Medication Copay \$40
90-Day Smart90 Prescription	Tier 1 Medication Copay ¹ \$10	Tier 2 Medication Copay ² \$25	Tier 3 Medication Copay \$40

^{1,2}Most maintenance medications fall under tiers 1 and 2 on a three-tier plan.

Questions?

If you have questions, call Member Service at the number on the front of your ID card.

Continued on Page 7...

HOW TO FILL YOUR PRESCRIPTIONS WITH SMART90

Using Express Scripts

Orders are usually processed within 48 hours. Delivery takes about eight day for refills, or 10 to 14 days for new prescriptions. You can check your order status anytime by signing in to express-scripts.com and clicking on **Order Status**.

To place your order:



Sign in or register at express-scripts.com/90day, or call Express Scripts at 1-800-892-5119.



Express Scripts will contact your doctor to get your 90-day prescription, and then deliver it right to your door.

Using a CVS Pharmacy

Simply talk to your doctor, or bring your prescription to a CVS pharmacist and ask about getting a 90-day prescription.

To find a CVS:



1. Go to [CVS.com](https://www.cvs.com)
2. Click **Store Locator**
3. Search for a pharmacy near you

How to Switch from Mail Order to a CVS Pharmacy

If you're already receiving your 90-day prescriptions through mail order using Express Scripts, but want to switch to CVS Pharmacy, go to your local CVS and tell the pharmacist. Remember to cancel your auto-refills from Express Scripts.

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).

* Registered Marks of the Blue Cross and Blue Shield Association. * Registered Marks, SM Service Marks, and TM Trademarks are the property of their respective owners.
© 2020 Blue Cross and Blue Shield of Massachusetts, Inc., and Blue Cross and Blue Shield of Massachusetts HMO Blue, Inc.
000368620

55-1708 (3/20)

COVID SYMPTOMS

As a reminder staff should not report when they or anyone in their household is experiencing COVID symptoms. Please report your absence in AESOP and immediately contact the office of Human Capital Services.

**ANY ONE
SYMPTOM**

- Cough (new)
- Shortness of breath or difficulty breathing
- New loss of taste and/or smell



**ANY TWO
SYMPTOMS**

- Fever
- Chills
- Muscle or body aches
- Headaches
- Sore throat
- Fatigue
- Congestions or runny nose (new)
- Nausea or vomiting (new)
- Diarrhea (new)



SAVE MONEY AND RETIRE TOMORROW

Take advantage of a personalized review at no additional cost to you.

- Learn about the plan and enroll.
- Ask questions you might have.
- Seek guidance for your retirement goals.
- Learn about retirement tools available to you.
- And much more!



Schedule a meeting with your local SMART Plan Retirement Plan Advisor

[MAKE APPOINTMENT](#)



Securities offered and/or distributed by GWFS Equities, Inc., Member FINRA/SIPC. GWFS is an affiliate of Empower Retirement, LLC; Great-West Funds, Inc.; and registered investment advisers, Advised Assets Group, LLC and Personal Capital. This material is for informational purposes only and is not intended to provide investment, legal or tax recommendations or advice. ©2020 Empower Retirement, LLC. All rights reserved. 98966-FLY-WF-809171-1120 RO1395730-1120



Member Identity Protection Services

The identity protection of our members’ private information is our top priority. To provide you with optimal protection, we offer you identity protection services through Experian®, an industry leader in providing credit monitoring and identity theft protection services. This service is being provided to you, free of charge, for as long as you’re a Blue Cross member, but you’ll need to enroll annually.

Experian Identity Protection Services Include:

- **Credit monitoring**—an ongoing review of activity that may affect credit
- **Fraud detection**—the identification of potentially fraudulent use of your identity or credit
- **Credit and identity repair**—assistance in resolving issues of fraud that negatively impact your credit or identity

Your Options and How to Enroll

As a Blue Cross member, you and your family can enroll in two of Experian’s identity protection products:

Experian product	What does it provide?	Who is it for?	How to enroll
IdentityWorks SM Credit 1-Bureau	<ul style="list-style-type: none"> • Credit monitoring • Daily credit reports • Identity theft insurance • Identity restoration 	You and dependents over 18	<ol style="list-style-type: none"> 1. Sign into bluecrossma.com/myblue and click on My Care. Then click on Identity Protection. 2. Follow the instructions on the page under How to Enroll to access the activation code and link to the Experian IdentityWorks enrollment website.
IdentityWorks SM Minor Plus	<ul style="list-style-type: none"> • Internet surveillance of identity • Social security number tracking • Identity theft insurance • Identity restoration 	Dependents under 18	

Note: To complete the enrollment process, you’ll need the date of birth and social security number for each individual you want to sign up.

Members in FEP, Medicare Advantage, and BlueMedicare RX plans aren’t eligible for this service.

Questions for Experian?

If you have question about the Experian IdentityWorks products or the enrollment process, please contact Experian at 1-866-579-5479. If you’d like to enroll over the phone with Experian, please log into MyBlue or call Member Service at the number on your ID card to obtain the engagement and activation codes. You’ll need to provide these codes to the Experian representative.



NEW BEDFORD PUBLIC SCHOOLS
AND
LESLEY UNIVERSITY PRESENT

THE IMPACT OF TRAUMA ON LEARNING

The following courses comprise a certificate program in trauma & learning. Individual courses may also be taken for graduate level credit.

All courses for Spring of 2021 will be held virtually.

Course 1: An Overview

Dates: Wednesdays - 2/3, 2/10, 2/24, 3/3, 3/17

Time: 4pm-6pm



Course 2: Classroom and Student Supports

(Pre-Requisite Course 1)

Dates: Thursdays - 2/4, 2/11, 2/25, 3/11, 3/25

Time: 4pm-6pm



Course 3: Creating Trauma Sensitive Schools

(Pre-Requisite Course 2)

Coming Late April - Dates To Be Announced

Registration is limited to first 25 enrollees.

Click Here to Register!

Contact adougherty@newbedfordschools.org for more information

New Bedford Public Schools



Future Whalers



Kindergarten Registration for School Year 2021/22

Children born on or before August 31, 2016

By appointment only - from *January 19, 2021 to June 1, 2021*

Matrícula del Kínder para el año escolar 2021/22

Los niños que nacieron el 31 de Agosto de 2016 ó antes

Solamente por cita - desde *el 19 de enero 2021 hasta 1 de junio 2021*

Matrícula do Jardim-Escola para o ano escolar 2021/22

As crianças nascidas em 31 Agosto de 2016 ou antes

Somente com hora marcada - Desde *o dia 19 de janeiro de 2021 até 1 de junho de 2021*

Tz'ibaxik kech ak'lab 2021/22

Chuw ak' lab' ke xi alxik xuquje' ik o pa ri ik 31 rech Agosto 2016

Chuw ri ruk pixab'anel tack'il-Kmajtik ri 19 rech ri Na'be'ik' 2021

Kisik ri 1 rech ri Uwaq ik' 2021

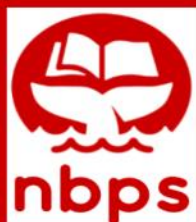
Family Registration Center

455 County Street, Room 106

Call now! ;Llame ahora! Chame agora! Ch'abe'j chanem!

(508) 997-4511 Ext. 14652 or 14653

igonzalescotto@newbedfordschools.org OR pmorck@newbedfordschools.org



Child Find!

SCAN ME



www.newbedfordschools.org

What's your story?



Do you have a story about your school that you'd like to share with the community? Send your idea or suggestion to the communications office:

communications@newbedfordschools.org

You know great things are happening in your school. Sharing them with the community will help raise the profile and reputation of NBPS and foster public confidence and pride (District Goal 5). Any aspect of school life is eligible: great staff, cultural focus, student achievements, collaborating with families, special events and more.

Tell us your school stories...

We'll take it from there! Thank You!

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 Boston
- TV6 WLNE Providence
- TV7 WHDH Boston
- TV10 WJAR Providence
- TV12 WPRI Providence
- TV25 WFXT Boston
- WBZ-1030AM Boston
- WRKO-680AM Boston
- WSAR-1480AM Fall River
- WBSM-1420AM New Bedford
- WFHN-FUN107FM Fairhaven