



# NBPS Newsflash

## March 2020

Greetings Team NBPS,

Spring is almost here, and we'll be springing our clocks an hour ahead this weekend – hopefully the consistent mild weather stays as well. I appreciate the time you took and the energy you spent either participating in one of the several feedback sessions completing the survey or just sharing your thoughts in discussion regarding the resources you believe we need. You are all valued members of the team, and your feedback is vital to the success of our District. The most frequently repeated suggestions from the multiple sessions included:

Sustain and increase in the following areas	
Special Education Resources (Co-teaching)	English Language Learner Supports (staffing)
Social Emotional Support Resources (counselors, clinicians)	Family Engagement Resources in all Schools
Technology Upgrades (computers, cameras, etc.)	Diversify Staff and Recruit Bilingual
Professional Development (varied and targeted)	Upgrade Buildings (windows, secure entrances)
Access to more substitutes	Community Engagement (parent nights)
Strengthen College and Career Readiness (pathways, dual enrollments)	

In my previous letters to you I've mentioned the importance of feedback and that asking for your feedback will be an ongoing practice. Over the past two years we've had numerous discussions with students, parents, staff, community partners and stakeholders to discuss areas for potential improvement and brainstorm solutions.

**Acceleration Academy**- we recently held our first Acceleration Academy during February break which hosted 75 middle school students who were highly engaged in ELA content, theatre and swimming for the week at New Bedford High School. This group of students received an intense dose of instruction and we are excited that we may have more students participating during the April break.

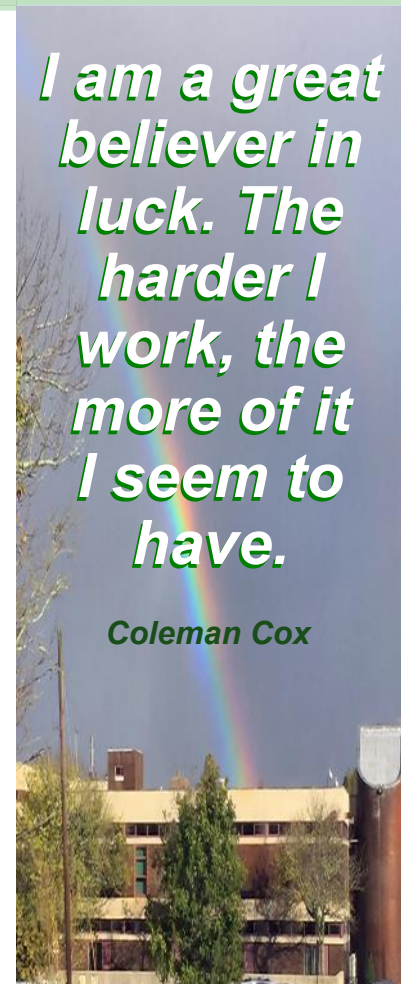
**Influenza** impacts thousands of people across the country each year and we must continue emphasizing the need for self-care. We must be proactive and understand what we can do individually to support ourselves and those around us. The COVID19 is receiving considerable attention, as it should, and we are working to be proactive. However, it is critical to understand how germs spread in general and to better understand the contagiousness of both the flu and COVID 19. It is imperative that we are proactive regarding our individual health. Please access the following links to keep yourself informed: <https://www.cdc.gov/flu/index.htm> <https://www.cdc.gov/coronavirus/2019-ncov/summary.html>

Thank you,

Thomas Anderson  
Superintendent

*I am a great believer in luck. The harder I work, the more of it I seem to have.*

*Coleman Cox*



## INSIDE THIS ISSUE

- Employee Spotlight: 2
- Around Our Schools: 3–4
- Step Challenge: 4
- Stress Relievers: 5
- NB Eats: 6
- Staff Recruitment: 7
- The Savvy Caregiver: 8
- A Night at the Pops 9
- Notices: 10
- First Citizens' FCU: 11
- Healthy Habits Poster: 12
- Empowered Families: 13

# Employee Spotlight

## Susan Dawson & Jo-Anna Medeiros

Paraprofessional & Building Based Substitute  
William H. Taylor Elementary School



Officially, Susan Dawson is a paraprofessional and Jo-Anna Medeiros is a building based substitute, but realistically, they do it all at the Taylor School. They run intervention groups, cover classes when teachers are absent, welcome students into the building, do lunch duty, facilitate recess – but what they enjoy the most, and are most proud of, is covering the library. Taylor’s new building included a beautiful space for a library, but with one thing missing: an engaging collection of books. They took the project full-on, filling empty shelves and maintaining, organizing, and helping students select books. Rearranging schedules when conflicts arise, they use every free moment to make sure that the library is ready for students. They have become experts on the hottest children’s books and al-

ways have great recommendations for students’ choices in reading materials. In all they do Sue and Jo-Anna constantly encourage the love of reading.

Dr. Defigueiredo, Taylor principal, notes “Classes visit the library every other Wednesday, but this would not be possible if not for Sue and Jo-Anna’s hard work, dedication and love for our students. We are beyond lucky to have these two amazing employees on our staff!”

## Brian Coon

Physical Education Teacher  
Hayden McFadden Elementary School



Brian Coon is a valuable member of Hayden McFadden School. Mr. Coon is always willing to go above and beyond for our students. He takes great pride in his craft as a physical education teacher, as evidenced through the passion he displays in the classroom working with our students. Mr. Coon is a leader among leaders. He leads the New Bedford Shark’s Youth Wrestling Program and serves as the advisor for the after school flag football team. It was during his coaching that he earned another title: Hero.

One of the 1st grade wrestlers swallowed a quarter that became lodged, blocking the student's airway. Mr. Coon immediately intervened and successfully performed the Heimlich maneuver. His quick actions and ability to remain calm in a medical emergency saved this little boy’s life!

Through his passion for sports and love for teaching and learning, Mr. Coon integrates social emotional learning into the curriculum. Students learn the value and importance of sportsmanship, conflict resolution, and team work. He sets high expectations for his students and builds a classroom environment grounded in caring relationships with his students. Mr. Coon is a true asset to NBPS.

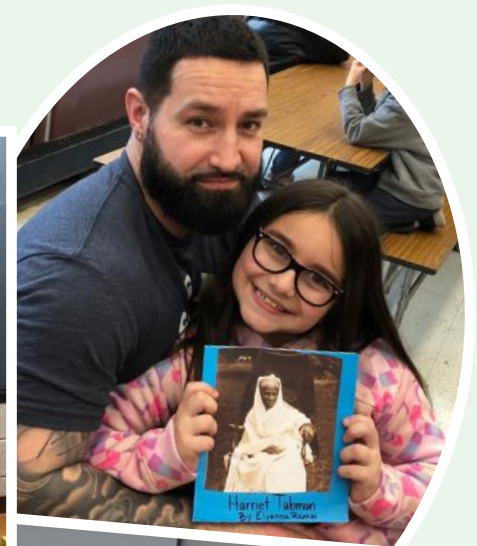




# *Around Our schools*

## *Black History Month Presentations*

*Many schools across the district celebrated Black History Month, including several events featured here from Carney Academy and Gomes Elementary.*





# Around Our Schools

**THANK YOU** to all of our staff members who took the time to attend one of our Staff Feedback sessions! Your feedback is critical to make NBPS an excellent school system.



**ENROLL**  
**March 30th**  
Enrollment ends April 12

## YOU'RE INVITED! JOIN OUR ANNUAL SPRING STEP CHALLENGE!



Enrollment period for the Spring Step Challenge: March 30, 2020 to April 12, 2020.  
Challenge will begin April 6, 2020 and will end on May 18, 2020 at 11:59pm.

**Only employees who subscribe to our BCBS health insurance are able to participate.**

Step challenge instructions are available on the district website: <http://www.newbedfordschools.org/cms/one.aspx?portalId=67022&pageId=395911>

# CHALLENGE

To successfully complete this challenge, you will need to log 294,000 steps within 6 weeks, an average of 7,000 steps a day, using a pedometer, **Fitbit®** or other device to keep track of steps. Steps must be entered into [ahealthyme](#), either on the website, through the [HealthyNow app](#), or through a connected **Fitbit®** device, to be counted toward the challenge goal.

**Fitbits** will be available to all employees and spouses who have not received one in the past challenges. Water bottles and Gym bags are also available to all participants while supplies last!

Employees who complete the challenge will be eligible to receive a **\$25.00 gift certificate**. **Gift certificates will be issued to employees only.**

# Fast Stress Relievers for a Busy Schedule

Courtesy of: [verywellmind.com](http://verywellmind.com)

## 1 *Develop a Positive Attitude*

Optimists and positive thinkers experience better health, less stress, and more 'luck' in life. While it takes a little practice to develop a more positive frame of mind, the practice takes little extra time and can really change your whole experience of life and how you live it. After some initial learning and a bit of practice, and the rewards are continual, which is a pretty big payoff.



## 2 *Practice Breathing Exercises*



Breathing exercises are a great way to relieve stress anytime and anywhere. They're simple to learn, simple to use and can be done on the spot when you feel the tension, immediately helping you to feel better. One very effective exercise is to 'inhale peace' and 'exhale your stress'. For more effective techniques, read this article on breathing exercises.

## 3 *Listen to Music During Your Regular Activities*

Music has proven health and stress relief benefits and can be easily used in daily life to relieve stress. Busy people can turn on music during their morning routine, commute to and from work, during dinner, or at other times to relieve stress as they go about their daily activities. It takes virtually no extra time and provides real benefits.



## 4 *Take Your Vitamins*



Taking your vitamins in the morning really can help you feel less stressed throughout the day. In particular, you may want to take a Vitamin B complex, Calcium and Magnesium, and Vitamin C. You should always talk to your doctor before beginning any new vitamin regimen to be sure you take a mix that is safe for you and your particular situation, but vitamins are a quick and beneficial way to relieve stress if taken appropriately.

## 5 *Learn to Say No*

How much could less busy your schedule be if you said no to all new commitments? It's sometimes hard to say no, however, especially if you're concerned about disappointing or offending people. Learning to diplomatically say no is quick and simple; this article on how to say no can help you get started, and with a little practice, you'll do it easily and without thinking.











## Campbell Elementary's Creative Approach to Vegetables

Cafeteria Manager Connie Pina and her team use a simple yet creative approach to encourage students to try new vegetables. The simple paper P.A.W.S. (Positive Attitude Will Succeed) pictured below are awarded to each student who tries the vegetable of the day!



### Recent Data From Campbell Elementary:

-  Feb 6: 68 students tried beets
-  Feb 13: 147 students tried steamed broccoli
-  Feb 25: 113 students tried vegetarian chili & crunchy, fresh red pepper strips
-  Feb 28: 176 students tried steamed broccoli

According to USDA's Choose My Plate website, ***"Sometimes, new foods take time. Kids don't always take to new foods right away. Offer new foods many times. It may take up to a dozen tries for a child to accept a new food."***

FOLLOW US:   @NewBedfordEATS

Rob Shaheen, Director x14257 [rshaheen@newbedfordschools.org](mailto:rshaheen@newbedfordschools.org)  
Alice Johnson, Asst. Dir. x14260 [ajohnson@newbedfordschools.org](mailto:ajohnson@newbedfordschools.org)  
Samantha Therrien, MS, RDN, LDN, Asst. Dir. X14202 [stherrien@newbedfordschools.org](mailto:stherrien@newbedfordschools.org)

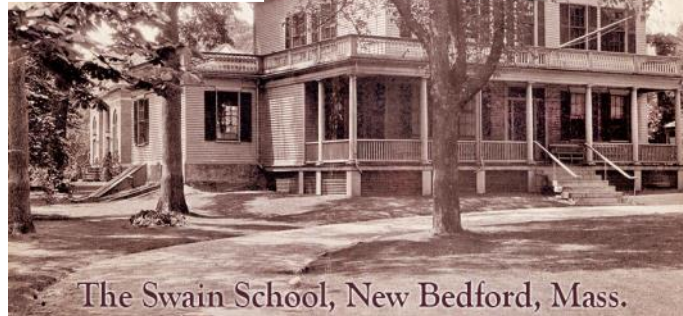


## March is Women's History Month!

Click on the logos for links to primary sources and document-based teaching activities related to women's rights and changing roles in American history from the U.S. National Archives.



# Voices from the *History of Education*



The Swain School, New Bedford, Mass.

"Childhood should be before all things a time of happiness, and can be made so by encouraging natural activity, setting free the spontaneous forces, and enabling the child to learn and act for itself, to see with its own eyes, to observe and attend rightly, to perceive and distinguish correctly, to compare, to contrast, to construct, and in every healthful way to give outward expression to the inward self. Morality and virtue must be learned through doing; the will must be strengthened by decision and action; self-control must be acquired through experience."

**Louisa Parsons Stone Hopkins** (1834-1895)  
*"The spirit of the new education,"* an address given at the Swain Free School, New Bedford, 1882 .





# Staff Recruitment Fair

## NEW BEDFORD PUBLIC SCHOOLS

Building an Excellent School System

Saturday, March 21st • 9:00 a.m. - 12:00 p.m.

Keith Middle School

225 Hathaway Blvd • New Bedford, MA

- **Speak with principals** and other school leaders from our 25 schools.
- Find out **what principals are looking for** in teacher candidates.
- Arrange to **tour our schools** and our city.
- **Vacancies include** but are not limited to:
  - Elementary Education
  - Special Education
  - English as a Second Language
  - Middle and High School positions
  - (Math, Science, Special Education)
  - Paraprofessionals

For more information, contact:

Kleidy S. Oliveira

*Equity, Diversity, Recruitment Specialist*

508-997-4511 ext. 14351

[ksoliveira@newbedfordschools.org](mailto:ksoliveira@newbedfordschools.org)



NEW BEDFORD PUBLIC SCHOOLS  
455 COUNTY STREET  
NEW BEDFORD, MA 02740  
[www.newbedfordschools.org](http://www.newbedfordschools.org)

New Bedford Public Schools is an Equal Opportunity Employer.

Photos courtesy of New Bedford Whaling National Historical Park and the New Bedford Office of Tourism & Marketing

 @NBPublicschools

 /NewBedfordPublicSchools

 /NB-Public-Schools

[www.newbedfordschools.org](http://www.newbedfordschools.org)





## The Savvy Caregiver Program

*The Savvy Caregiver Program is a **FREE** six-session training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias!*

**Sponsored by Coastline and the Mattapoissett Council on Aging**

Wednesday, April 29 – June 3, 2020,

5:30 – 7:30 PM

Mattapoissett COA  
17 Barstow St.  
Mattapoissett, MA

For More Info or To Register

Call Stephanie Gibson at 774-510-5209

[sgibson@coastlinenb.org](mailto:sgibson@coastlinenb.org)

**Register  
NOW!**

Taking care of a person living with Alzheimer's or related dementia is specialized work. To do this work successfully, caregivers need special skills, knowledge, and a positive attitude that helps them to care for themselves.

Become an expert in Caregiving for someone with Alzheimer's or related dementias!

### Savvy Caregiver will help you:

- Understand the impact of dementia on both you and the person you are caring for.
- Learn the skills you need to manage daily life.
- Take control and set goals.
- Communicate more effectively.
- Strengthen family resources.
- Feel better about your caregiving.
- Take care of you!



Elder Services of the Merrimack Valley, Inc.

*Choices for a life-long journey*

The Power to Redefine Aging.

Hebrew SeniorLife

HARVARD MEDICAL SCHOOL  
AFFILIATE

*Funding for this program was provided by a grant from the Administration for Community Living in collaboration with the Massachusetts Executive Office of Elder Affairs and Elder Services of the Merrimack Valley.*



The NBHS Performing Arts  
Department Presents

*A Night at  
the Pops*

**CONCERT**

**Gonsalves / Beardsworth**

**Gymnasium @ NBHS  
Friday, March 13th**

Limited Premium Cabaret-style seating - \$15

sold here: <https://tinyurl.com/nbhspops20>

General Admission - \$10

All proceeds benefit Performing Arts Scholarships

**7PM**





# Celebrate Reading at EZ Clean!

**Saturday, March 7th @ 10am-12pm**

Celebrate Reading with the Wash and Read Project at EZ Clean  
Located on 80 Summer Street, New Bedford

Join us for a free Book Giveaway, Crafts, Story Time, Sign up for a Library Card with the New Bedford Free Public Library, and more!

All families are welcome to celebrate reading at their local laundromat and no registration is required.

Hope to see you there!

The Wash and Read Project is funded by the United Way of Greater New Bedford's Women United Initiative



**New Bedford Free Public Library**  
613 Pleasant St.  
New Bedford, Massachusetts 02740 | (508) 991-6275  
[newbedfordlibrary.org](http://newbedfordlibrary.org)



## NOW HIRING

NEW BEDFORD PUBLIC SCHOOLS

# Crossing Guards

New Bedford Public Schools is seeking Crossing Guards for multiple Elementary Schools

Part-time:

2-hours per day when school is in session:  
(1 hr. Mornings and 1 hr. Afternoons)  
Compensation: \$15 per hour

**Apply online:**

**[www.schoolspring.com](http://www.schoolspring.com)**  
**Job ID: 3222790**



New Bedford Free Public Library  
Lawler Branch Library

# Winter Story & Craft Time

January 10<sup>th</sup> – March 13<sup>th</sup>

**Fridays at 4 PM**

**ALL AGES WELCOME!**



New Bedford Free Public Library  
Lawler Branch  
745 Rockdale Ave, New Bedford, MA 02740  
508-991-6216  
[www.newbedfordlibrary.org](http://www.newbedfordlibrary.org)  
[www.facebook.com/newbedfordlibrary](http://www.facebook.com/newbedfordlibrary)







# Do You Like Earning EXTRA MONEY?

Earn up to \$120\* in Bonus Dividends Annually

At First Citizens' we understand it feels good to have a little extra money in your pocket. Ask us today about the benefits of a First@Work Champion Checking Account.

Open Your Account Today!



1-800-642-7515  
[www.firstcitizens.org](http://www.firstcitizens.org)



\*See Banking Associate for details. Minimum balance requirements apply. Other restrictions may apply.





# New Bedford Public Schools

# Healthy Habits



## Wash your hands!

Wash your hands often and thoroughly with soap & water for at least 20 seconds or use an alcohol-based hand sanitizer.

## Cover your cough!

Cover your coughs & sneezes with an elbow sleeve or tissue. Avoid touching your eyes, nose & mouth; you can pick up the virus that way.



## Clean surfaces daily!

Clean frequently touched surfaces and objects like doorknobs and countertops. Disinfectants with 62% to 71% ethanol, 0.5% hydrogen peroxide or 0.1% sodium hypochlorite (bleach) can efficiently inactivate coronaviruses within a minute.

**Flu shots: YES!**      **Face masks: NO!**



Get the flu shot if you haven't already! Although the seasonal flu vaccine cannot protect you from COVID-19 directly, by avoiding flu you may avoid making a trip to the doctor. The Surgeon General says face masks have not been proven to prevent the spread of coronavirus.

**Not feeling well? Stay Home!** 



# Empowered Families:

## A Four-Part Series on Special Education

**FREE** community workshops offering tools to help parents, caregivers, and professionals advocate successfully for students with special needs.

3/17/20	<b><u>Basic Rights in Special Education:</u></b> An overview of important special education laws and procedures.
4/28/20	<b><u>An IEP for My Child:</u></b> Learn more about how the IEP can support students with special needs.
5/19/20	<b><u>IEP Clinic:</u></b> Professionals will meet families one-on-one to review IEP questions.
6/16/20	<b><u>Introduction to the Transition Planning Process:</u></b> Preparing students with special needs for life after high school.



Workshops:  
5:30 p.m. - 8:00 p.m.

**Location:** Family Resource & Development Center | 128 Union St. | 3rd Floor |  
New Bedford, MA 02740

**Register online:** [fcsn.org/ptic/newbedford2020](https://fcsn.org/ptic/newbedford2020)

*Presented in Spanish, English & Portuguese*

*Free Dinner & Limited Childcare !*



FEDERATION FOR CHILDREN  
WITH SPECIAL NEEDS



New Bedford Housing Authority

Family Resource & Development Center

New Bedford Public Schools