

## **WEEKLY UPDATE FROM THE NMRSD SUPERINTENDENT'S OFFICE MAY 7, 2017**

### **NORTH MIDDLESEX REGIONAL SCHOOL DISTRICT SCHOOL COMMITTEE**

The next NMRSD School Committee Meeting will be held on Monday, May 15, 2017, at North Middlesex Regional High School at 7:00 p.m. Agenda items will be included in a future update.

### **NORTH MIDDLESEX REGIONAL HIGH SCHOOL BUILDING PROJECT**

The next meeting of the North Middlesex Regional High School Building Committee will be held on Monday, May 15, 2017, at the high school at 5:00 PM. Agenda items will be included in a future update.

Week of 5/8:

- Complete trim on exterior storefronts in east elevation
- Complete exterior masonry in east elevation and continue interior masonry at C vestibule
- Continue finish paint in A-1
- Complete corridor linoleum in B-1 up to elevator front
- Prep for linoleum in A-1
- Install carpet tile in C building
- Install millwork in the auditorium
- Complete ceiling grid in C corridors/ 1<sup>st</sup> floor
- Continue setting up kitchen equipment
- Complete porcelain tile in A building and start installation in stairway #1
- Close up ceiling in C-2 and A-1 corridor
- Continue MEP finishes in B/A and E buildings/ complete D and B building balancing
- Continue to hook up equipment in kitchen area
- Rough MEP in auditorium and commons area
- Install MEP piping in A/C/E buildings and mechanical space
- Complete toilet partition installation with accessories
- Continue the metal work on the roof
- Continue installation of gym floor
- Continue taping and sanding in C building
- Continue exterior site work/rebar and forming and placing concrete sidewalks
- Install binder in north and west elevations
- Grading and tiling softball field/continue irrigation piping
- Installation of ceiling at exterior loading dock
- Continue cleaning of classrooms
- Start epoxy walls and floors in locker rooms

## **THE ADOLESCENT BRAIN AND THE PHYSIOLOGY OF ADDICTION: A CONCERN FOR US ALL**

NM Cares will be hosting a workshop, “The Adolescent Brain and the Physiology of Addiction,” presented by Dr. Ruth Potee, board certified Family & Addiction Medicine Physician on Thursday, May 11th, 2017. The event will be held at North Middlesex Regional High School in the auditorium. The doors open at 6:00 p.m.; NM Cares resource table will be open until the presentation begins. The presentation/question-answer session will be held from 7:00-8:30 p.m.

In this presentation Dr. Ruth Potee will:

- Describe the pathways in the brain related to addiction
- Explain the relationship of adverse childhood events and health outcomes such as addiction and chronic pain
- Discuss the current opioid crisis and community impact
- Answer audience questions following her presentation

This FREE program is open to parents, guardians, grandparents, students, educators, healthcare providers, and all concerned community members.

### **DATES TO REMEMBER:**

Townsend Town Meeting (continuation) Tuesday, May 9, 2017, at 7:00 p.m.

Relay for Life Saturday, May 13, 2017, from 11:00 a.m. to 11:00 p.m.

### **13 REASONS WHY: NETFLIX SERIES**

The district administration wants to make you aware of a new series that some of our middle and high school students may be watching on Netflix, *13 Reasons Why*.

The series is based on a fictional novel by Jay Asher which focuses on Hannah Baker who took her life and leaves behind tape recordings of the 13 reasons why and the story of individuals that may have contributed to her ultimate decision.

Our most vulnerable population of students may have difficulty processing the content and may not know that there are healthy and appropriate ways to handle stressful situations. The series contains graphic scenes involving sexual assault, sexual harassment, bullying and suicide which can be upsetting to most individuals but can be particularly difficult for students with a trauma history.

Below is information provided by mental health professionals about the concern for students and serves as a resource to parents/guardians and our school staff.

**National Association of School Psychologists** (Background)

<https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/13-reasons-why-netflix-series-considerations-for-educators>

**Jed Foundation** (Issues raised)

<https://www.jedfoundation.org/13-reasons-jed-point-view/>

**Jed Foundation/Suicide Awareness Voices of Education** (Talking Points)

<https://www.save.org/13-reasons-why/>

According to the Society for the Prevention of Teen Suicide (<http://sptsusa.org>), the following signs may mean that a young person is at risk for suicide:

**FEELINGS** - Expressing hopelessness about the future.

**ACTIONS** - Displaying severe/overwhelming pain or distress.

**CHANGES** - Showing worrisome behavioral cues or marked changes in behavior, including withdrawal from friends or changes in social activities; anger or hostility; or changes in sleep.

**THREATS** - Talking about, writing about, or making plans for suicide.

**SITUATIONS** - Experiencing stressful situations including those that involve loss, change, create personal humiliation, or involve getting into trouble at home, in school or with the law. These kinds of situations can serve as triggers for suicide.

Please feel free to reach out to your child's school administration and counselors if you have any questions or concerns.

### **NISSITISSIT MIDDLE SCHOOL DRAMA**

The Nissitissit Theater Presentation of HONK is being held on May 25th and May 26th in the Nissitissit Auditorium at 6:30 p.m. Tickets are \$8 for adults, students are free.

Grade 4 Moving to Grade 5 Parent Information Night: June 1, 2017, at 6:00 p.m. in the Nissitissit Auditorium

### **PROJECT GRADUATION**

It is graduation time, and Project Graduation needs your help!! Project Graduation is an all-night substance-free party for graduating seniors, happening graduation night **June 2, 2017**. The project graduation committee needs an additional 55 volunteers to make this event a success. Please sign up to volunteer at this event at the following link <http://www.signupgenius.com/go/10c0c4dabab22a1f94-nmproject>.

### **CAMP INVENTION**

Camp Invention is coming to Nissitissit Middle School this August! If you sign up by May 1st using the PROMO CODE "DISCOVER 15" you can save \$15. The program this year is called Launch, and an overview can be seen at the following link: [Camp Invention Video](#)

The dates and times are as follows: August 14th-18th from 8:00 a.m. - 2:30 p.m.

Please contact Branden Judkins with any questions or concerns at [bjudkins@nmrsd.org](mailto:bjudkins@nmrsd.org).