



October 29, 2021

Dear Lamoille North Families and Staff,

Per previous communications, we are excited to host our second Public Forum next week on Tuesday, November 2, 2021, from 5:30 pm – 7:30 pm at GMTCC/CEC. We will have speakers from our community partner, Healthy Lamoille Valley, talk with us about programs and services for Lamoille Valley students and families.

We will also have a period of input and review of our ESSER funds. As you know from previous conversations, our ESSER-funded Recovery Plan focuses on three areas: Academic Recovery, Social-Emotional Wellness, and Student Engagement. Lastly, we will have a presentation and opportunity for input on Parent/Caregiver Compacts under Title I, whose purpose is to provide all children with significant opportunity to receive a fair, equitable and high-quality education and to close the achievement gaps. These conversations will be facilitated by our Curriculum Director, Wendy Savery, and our Business Manager, Deb Clark. This is an opportunity for the public to ask questions about how we are spending grant funds and what we are doing to support our students and families during this pandemic recovery period. We hope to see you there!

If you attend in-person, **you will be required to wear a mask**. We will also have this meeting livestreamed by our partners at GMATV. You can access the livestream by clicking on this [LINK](#).

We received information this week from Secretary of Education, Dan French, and Health Commissioner, Dr. Levine, about mask-wearing expectations; specifically that schools should continue to require indoor masking. Please read click [HERE](#) to read the full memo. On a similar note, you will be hearing from our COVID-19 Nurse Coordinator, Flo Kelley, soon about vaccination opportunities, should you choose to access them, for children ages 5-11. We are told that the emergency-use authorization for COVID-19 vaccines in this age group are forthcoming.

We have also received preliminary winter sports guidance and you will be hearing about our formal protocols from our Athletic Directors in the next few weeks. Please read the winter sports guidance [HERE](#).

On another note, I want to share some thoughts from our LNSU Nutrition Director, Karyl Kent, about nutrition and wellness as we head into the winter season. We often hear about recommendations from the Department of Health, but it is also important to hear from our in-house experts on things that might help all of us stay healthy and well with the foods we consume and time spent outdoors. Karyl states:

*“While it can be hard these days to find unhurried time to cook, the bounties of our local farms are so easily available to add to quick, hearty, nutritious stews, soups and other favorite dishes. Winter squash are loaded with high levels of alpha-carotene and beta-carotene, which convert to Vitamin A. They are a good source of Vitamin C, a healthy source of fiber and contain antioxidant and anti-inflammatory compounds. Kale, Brussels sprouts and other cruciferous*

*veggies contain fiber, antioxidants, calcium and vitamins C and K, iron, and a wide range of other nutrients that can help prevent various health problems. And to boost your immune system, get a good daily dose of Vitamin D from being out in the sunshine whenever you can!"*

Thank you, Karyl!

I hope you all have a wonderful, safe and enjoyable weekend! Please reach out should you want to have a conversation.

My best to you,

Catherine Gallagher, M.Ed.  
Superintendent of Schools  
Lamoille North Supervisory Union