



Friday, May 27, 2022

Dear Lamoille North Families:

As we approach the Memorial Day Holiday, we want to honor our fallen people in service and all who currently put the lives of others first in service to our country. Memorial Day is a day dedicated to honoring all those who have fought and continue to fight to protect our many freedoms. We thank you.

In school news, it is hard to believe that there are just two weeks left of school! **The last day of school for students is Friday, June 10th.** Principals will be communicating with you about end-of-the-year activities, including opportunities to pick up personal belongings that are still at school.



As we plan, please join us in celebrating all the students who are preparing to graduate! Graduation represents a “climbing of a step, or stepping toward something”, and we are proud of the work they have accomplished, opportunities they have chosen, and challenges they have overcome, especially in the past two years. We also want to thank our parents/caregivers and all of our education staff and administration for supporting the schools and youth in such a strong way throughout the pandemic. We have so much to collectively celebrate.

In community news, please read the following from Healthy Lamoille Valley:

For Parents & Educators

[5th Annual Opioid Forum](#)

Wednesday, 6/1/22, at 6:00 pm

Green Mountain Technology & Career Center in Hyde Park

We have an amazing group of community partners (Prevention, Law Enforcement, Harm Reduction, Treatment and Recovery) who are excited to share their work and build connections across the region (Lamoille Valley).

The evening will begin with a beautiful personal story of recovery, highlight area resources, and end with a resource fair where you can learn about and access needed support. Only together can we prevent and reduce substance misuse and support those on the road to recovery! Please join us for an evening of connections and inspiration. [5th-opioid-forum.eventbrite.com](https://www.eventbrite.com) (Registration is helpful for planning purposes, but not required.)

For Parents

We invite you to consider participating in a program we are offering this June in preparation for summer, [TimeWise: Taking Charge of Leisure Time](#). This program is for 5th-9th graders to participate in with a parent or caregiver and includes in-person or virtual instruction along with home activities.

Research clearly demonstrates that youth who engage in healthy leisure get many developmental and health benefits. Unfortunately, many youth do not know how to access and

engage in healthy leisure opportunities and/or get the most out of their free time. TimeWise helps youth develop skills and interests, learn how to avoid boredom, know what to do when they are bored, take personal responsibility for healthy leisure activities, and prevent the unwanted outcomes of unhealthy leisure time.

Email alison@healthylamoillevalley.org by May 27, 2022 if you are interested or have questions. [Download our program brochure](#) or go to www.healthylamoillevalley.org/timewise

For Parents, Educators, and Students (6th grade and up)
Healthy Lamoille Valley Coalition meeting: Equity and Substance Prevention
June 9th, 3:30-4:45 pm

We will take a look into how substance industry tactics increase inequality and risk factors, such as stigma, discrimination, and life stressors, lead to disproportionate use. We will then hear from partners about their equity work in the community. There are two primary goals of this meeting:

- 1) To help bring the substance lens to the equity work being done in our region by providing information and learning about the work of others.*
- 2) To inform future HLV work around equity.*

To register email jessica@healthylamoillevalley.org

Thank you, as always, for being a wonderful community and for supporting the work we do every day with your/our children and youth. Have a wonderful holiday weekend.

My best to you,

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