



September 16, 2022

Dear Lamoille North Families:



We continue to be graced with beautiful weather as fall approaches! Schools are bustling with activity and our students can be seen participating in outdoor learning projects, practicing with their athletic teams, enjoying field trips to events such as the International Ice Dance program at the Jackson Sports Arena in Stowe, and much more. These activities remind us what it is like to be back in schools together and appreciating things we possibly took for granted pre-pandemic.

In school news, please see the following schedule of events:

School Pictures
Cambridge Elementary School – October 4, 2022
Eden Central School – October 24, 2022
Hyde Park Elementary School – October 11, 2022
Johnson Elementary School – September 20, 2022
Waterville Elementary School – October 4, 2022
GMTCC – September 19, 2022
Lamoille Union Middle/High School – September 20, 2022

Upcoming Events – September 18-24, 2022
September 23, 2022 – Grandparents Lunch, Waterville Elementary School, 11:00 am
September 24, 2022 – Homecoming Dance, Lamoille Union High School, 7:00 pm

On another note, you can see a complete list of athletic events, registration for PSAT’s and SAT’s for secondary students, and more on individual school websites.

As communicated in my last email, we are interested in community input and want to hear from all of our stakeholders. Accordingly, we will once again begin the process for forming a community advisory group and will be asking you for your interest in participating. The focus of this group will be to strengthen school-community relationships and collaboration, and this group will provide a way to bring forth the

structure for stakeholder input. We will be seeking interested students, parents/caregivers, community partners and any educators, to work with us to share ideas and create higher-level engagement among all of our stakeholders.

Please access the application [HERE](#). The deadline for submitting interest in this group is **Friday, September 30, 2022**. After applications are submitted, we will review them and choose applications randomly in the event there are many. We will ensure a balance of advisory group members representing each of our school communities.

You will be notified the first week of October of your application status. We will then send a doodle poll to members with some suggested meeting times and the monthly date and time will be set based on a majority of participant availability. We hope that members will participate for the entire school year.

In community news, please see information below about upcoming events from our partners at Healthy Lamoille Valley:



Lamoille Family Center Parent Education Workshop: Conscious Parenting Circles

September 20th & 27th, October 4th & 11th, 6:00-7:30 p.m., Zoom

Join us for a **FREE 4-Week Conscious Parenting Circle series**. This program is designed with care to create a safe, judgement-free circling space for parents/caregivers to learn, connect, collaborate, and share on all things Conscious Parenting! Come with your questions, sit with your open mind, and leave with your whole heart. Do not miss this opportunity. Please register for this program with the intention of completing all 4 sessions. [Space is limited – register today!](#)



Lamoille Family Center Parent Education Workshop: Power Struggles

September 21st, 6:00-8:00PM

Lamoille Family Center

Do you find yourself... bribing, sulking, threatening, lecturing, controlling, pressuring, guilt or shaming your children when power struggles arise? Come join us for an evening workshop with Scott Noyes. You'll learn a lot while having fun. Scott's trainings are always fast paced, humorous & memorable. [Register today.](#)



Share Your Why

Parents of 3rd-8th graders! Your child has until December 30th, 2022 to submit their Share Your Why activity sheets for a \$30 valued prize: an art supply kit or gift certificate to Power Play Sports. These activity sheets are a way for youth to explore new interests and deepen ones they already have with the option to share those interests with other local youth.

If they submit their sheets before September, they will be entered to win a \$100 Amazon gift card! To learn more about the program, including activity ideas and where to pick up and submit the sheets, visit www.healthylamoillevally.org/passport.



Vermont Suicide Prevention Live Online Symposium September 29th, 9:00 a.m.-4:00 p.m., on-line

Are you looking for best practices and innovations in the suicide prevention field? Look no further than the 2022 Vermont Suicide Prevention Symposium, where national, regional, and Vermont-based practitioners will share their experience and expertise. Join us for Live Virtual Keynotes Speakers and Workshops. The theme of the 2022 Vermont Suicide Prevention Symposium 2022 is: From Hope to Prevention to Connection. [Register here.](#)



Tobacco Prevention Taskforce Meeting October 7th, Noon-1:00 p.m., Location TBD

Join us for our next Tobacco Prevention Taskforce meeting. We'll be meeting in person in October. Location and more information coming soon. RSVP to Alison at alison@healthylamoillevally.org.



Retreat for Families Impacted by Substance Use or Severe Mental Illness

October 8th 9:00 a.m.-Noon, Jenna's House

Dr. Libby Stuyt, the Vermont Psychiatric Association 2022 Keynote Speaker will lead the retreat. Families with a loved one with a substance use disorder or severe mental illness will experience a safe place to learn evidence based tools to help them cope and decrease stress. Participants will learn to decrease their anxiety and stress while cultivating coherence, self calming and emotional regulation. \$10 suggested donation, lunch will be provided. [Register here.](#)



Lamoille Family Center Parent Education Workshop: Brain Development and Learning Consent

October 25th, 6:00-7:30 p.m., Zoom

Learning to respect others' feelings about touch is called empathy-based consent. Brain science findings show that the optimal window for children to learn empathy skills occurs early in life. Join Presenter Joy Kitchell of PCAVT! [Register today.](#)

We continue to be grateful for our many community partners who work alongside our school teams to support our students and families in Lamoille County.

I hope you have a wonderful weekend!

My very best to you,

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