



# NBPS Newsflash

Greetings Team NBPS,

I appreciate all of you – our talented and hardworking staff for your dedication to our students – we have much to be grateful for on many levels. As we take time to celebrate Veterans Day, honoring our veterans past and present, let's express this gratitude at every opportunity we have to say thank you. In the words of President John F. Kennedy, "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

I know you agree that daily school attendance is a critical factor in determining a child's potential success, in school and later in life. We know that the impact of two years of disruptions to instruction remains a challenge. Your individual support is needed as student attendance in school every day is essential to their academic and social development.

We want to ensure that all families have access to fully engage in the teaching and learning process. Please let parents know that if they need assistance with strategies and supports to get their child to school each day, they can call their school or the NBPS Family Support Line at (508) 997-4515.

Our newly redesigned Student Services Department is working strategically to implement effective systems and strategies so we can better support students and staff. We continue to strengthen our communication with families to improve attendance and academic performance.

Our Special Education Department and our Wraparound Coordinators are collectively working to support the Special Education Advisory Council (SEPAC) to provide more support to parents. Our Out of School Time (OST) office is already planning and preparing for the February Acceleration Academy for middle school students that occurs during the February and April vacations.

In the spirit of the season, we will again celebrate with a themed Thanksgiving Day Luncheon on Tuesday, November 22. I've heard from many of you just how much students and staff enjoyed this special lunch last year. It added to the excitement and cheer leading up to the Thanksgiving recess. It was a highlight for central administration staff who joined in the festivities and assisted our outstanding Food Services team in serving more than 8,000 turkey dinners to our students!

Let's please continue to take care of ourselves and one another. Self-care is a critical factor in maintaining physical and mental health. Please plan to visit the HCS Department's Wellness Fair on November 17 (3:00-6:00 PM) at the Keith MS Community Room (see pg.3 for details). As always, I appreciate your continued support and thank you for focusing on what's most important – the wellbeing and education of all our children. Please continue being an UPSTANDER – doing what's right – and not a Bystander.

Sincerely,

Thomas Anderson  
Superintendent



There is  
nothing  
impossible  
to they who  
will try!

- Alexander the Great

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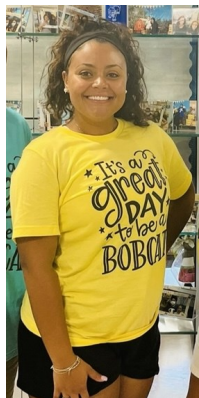
# Employee Spotlight



## Jamie Costa

Grade 3 Teacher

E.C. Brooks Elementary School



“It is with great pleasure that I recommend Jamie Costa as a Staff Spotlight for New Bedford Public Schools,” states Principal Jen Medeiros. “Ms. Costa, a Grade 3 Teacher at Brooks School, has been a vital part of our team for the past 4 years. Her high energy, enthusiasm, and passion for teaching shines through each day that she interacts with students and staff! Ms. Costa has a strong rapport with all her students, and they absolutely love being in her classroom. They are so eager to see her and make her proud! The way Ms. Costa connects with each one of them on a personal level and seeks to find out what sparks their love of learning is admirable!”

“Professionally, Ms. Costa is always looking for ways to improve or how she’s going to meet the various needs of her students. She is willing and open-minded to try new ideas and constantly makes necessary adjustments. In the 7 years that she has been with NBPS, she has shown so much professional growth.

“This past school year, Ms. Costa’s class was ranked #1 in the District for Mathematics, beating the state average by 31% and 3.5 points away from a perfect score, making her classroom one of the highest performing in the State of Massachusetts for Mathematics. Ms. Costa’s ELA and Writing Class scored #3 in the district in both of those categories! We are so proud of those accomplishments and commend Ms. Costa and her students on a job well done!”

“Ms. Costa is an incredibly valued member of our Brooks School Community, and we appreciate everything she brings to our building and does for our Brooks Bobcats!”

— Jennifer Medeiros, Principal, E. C. Brooks Elementary School



## Angie Mojica

Lead Family Engagement Specialist  
Wraparound/Family Services



Angie Mojica tirelessly works to improve opportunities for families to interact with our schools. Nicole Ferreira, Wraparound Services Department Manager notes, “She has lived, breathed, and created the family engagement experience not only for herself, but for many others. A member of the New Bedford Community, she is an example of what it means to leverage relationships and make dreams a reality.”

Ms. Mojica manages the family engagement specialists and runs the Family Institute of Student Success (FISS). The Tier 1 family engagement model works districtwide due to the foundation of ideals Angie established for specialists. Her advocacy for Latinx and woman-supported organizations over the years has earned her well-deserved recognition in the community.

In education, Angie has spent the last 19 years, starting as a paraprofessional, and working her way up to the Lead Family Engagement Specialist. She is responsible for coordinating FISS – the family friendly program that provides families with a comprehensive orientation to the education system and its processes. She also directly oversees family engagement specialists across the district. Nicole Ferreira sums it up: “Angie puts into practice the ideals of teamwork, and together with her team, she enthusiastically welcomes all to join our school's family. Her passion and energy for family engagement are unrivaled.”

— Nicole Ferreira, Wraparound Services Department Manager

NEW BEDFORD PUBLIC SCHOOLS

# WELLNESS FAIR

KEITH MIDDLE SCHOOL COMMUNITY ROOM

NOVEMBER 17<sup>TH</sup> 3:00-6:00 PM

Join  
Us!

## EVENTS

TOBACCO CESSATION

BUILDING HEALTHY  
HABITS

BEHAVIOR CHANGE 101

ASK A REGISTERED  
DIETICIAN

COVID & FLU  
VACCINATIONS

## BENEFIT VENDORS

BCBS

BOSTON MUTUAL LIFE INSURANCE

EAP ALL IN ONE HEALTH -EMPLOYEE ASSISTANCE  
PROGRAM

CAFETERIA PLAN ADVISORS -FLEXIBLE SPENDING

TRUSTMARK -SHORT TERM/ LONG TERM DISABILITY

CITY RETIREMENT

MTA MASSACHUSETTS TEACHER ASSOCIATION

403B TAX SHELTER ANNUALITIES VENDORS

## CLASSES

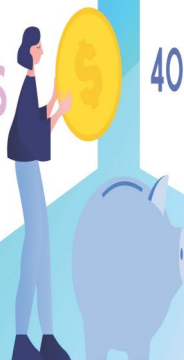
ZUMBA CLASS WITH  
CARA REIS

XTREMEHIPHOP WITH  
SHOCKTROOPFITNESS

YOGA WITH CHERYL  
ROCHA

## UNIONS

NBEA | NBSSU | PARAPROFESSIONALS | AFSCME





## FOOD & NUTRITION SERVICES

# UPDATE



## See What's Growing in Food Services!

Thanks to Farm to School and Adam Davenport of the Marion Institute, we now have 20 active gardens at all of New Bedford Elementary Schools! We also added another member from Food Corps to work with students in the classrooms and the cafeteria.



Check out the new video that tells the whole story:

[Grow Education - A Farm to School Initiative](#)

## *In the spirit of the season*



The NBPS Food Services team will serve turkey dinners to our students districtwide!

***Thanksgiving Turkey Dinner Luncheon***

***Tuesday, November 22***

*(During their regular lunch period.)*

Sign up **NOW**  
for the  
**2023**  
Plan Year!

# Flexible Spending Benefits

## City of New Bedford

### One of the Few Gifts the IRS Gives!

Discover the benefit that **SAVES YOU MONEY**. This perk allows you to set aside a portion of your pay—**BEFORE TAXES**—to cover out-of-pocket expenses in these categories:

- ◆ **HEALTH CARE.\*** Eligible expenses and services include: non-cosmetic medical, dental, and vision care; prescription medications; over-the-counter ‘medicines’ (not vitamins or supplements); orthodontics; prescription eyeglasses, contact lenses, laser eye surgery; alternative health therapies (e.g., chiropractic, acupuncture); mental health services, and **MORE!**

**Max. Annual Health Care Election: \$3,050**

**Who’s Covered?** You, your legal spouse, and your dependents as defined by the Internal Revenue Service, including those claimed on your tax return and adult children under age 26.

**Benefit Cards.** For employer plans that offer the benefit card, new Health Care FSA enrollees will receive **2 cards** that can be used at most medical facilities, dental offices, optical shops, and pharmacies to pay for eligible expenses. **Keep your cards!** They will reload each plan year that you enroll.

**Grace Period.** Health Care FSA participants get an **extra 75 days** at the end of the plan year to spend down the prior year’s available balance, if any.

**HSA Ineligibility.** If you or your spouse have a Health Savings Account (‘HSA’), you are **NOT** ELIGIBLE to participate in the Health Care FSA plan.

Make Your  
Money Go

UP  
TO **30%**

Further!

depending on your  
tax status

- ◆ **DEPENDENT CARE.\*\*** For qualified childcare expenses for dependent children under age 13, elderly dependents, and dependents with special needs. Eligible expenses include day care, pre-school, before/after school care, day camp, elder day care.

**Max. Annual Dep. Care Election: \$5,000 per family**

**Track Your Account and File Claims 24/7!** Log in to your employee portal via our website ([www.CPA125.com](http://www.CPA125.com)), or use our app: **CPA Flex Mobile**.

Enroll by **11/30/2022**

for the

**1/1/2023 – 12/31/2023**

Plan Year

#### Already in the FSA Plan?

Re-enrollment is **NOT** automatic!

► **Re-enroll** via your online account portal—not the mobile app! Go to [cpaemployee.lh1ondemand.com](http://cpaemployee.lh1ondemand.com) and log-in on the LEFT side of the sign-in screen. Once on your account homepage, click the blue **Enroll/Re-enroll** button and follow the steps to enroll for the new plan year; click **Submit** at the end. We recommend printing or saving your enrollment confirmation.

► **New to the FSA Plan?** Complete the “Authorization for Pre-Tax Payroll Reduction” form and send it to:

- **School Employees:** Forms go to **Marcia Tome**.
- **City Employees:** Forms go to the **Centralized Payroll Office**.

**All forms need to be turned in to the appropriate office by the deadline date shown above.**



\* Not all Health Care expenses are FSA-eligible, such as: cosmetic procedures or products (e.g. Botox, teeth whitening, veneers, etc.), couples/family counseling, general health/wellness expenses (i.e., toothbrushes, toothpastes, non-prescription sunglasses, gym dues, etc.), and federally non-permissible products. Some healthcare-related expenses, such as medical equipment and some services, may require a physician’s Letter of Medical Necessity in order to be FSA-eligible. Visit <https://fsastore.com/CPAEligibility> for more info. on specific products and services.

\*\* Overnight camp and school tuition for kindergarten and above are not FSA-eligible; day camp is eligible when utilized as a form of childcare in order for the parent(s)/guardian(s) to be able to work; extra-curricular and enrichment programs/activities that aren’t daycare/childcare-based are not eligible; money paid to a childcare provider who doesn’t report it as income on their taxes is not FSA-eligible.

Flexible Spending Plans administered by...

**CAFETERIA PLAN ADVISORS** • An **ALERA GROUP** Company

120 LONGWATER DR., STE. 102, NORWELL, MA 02061

**CPA125.COM**

TEL: 781.848.9848

E-MAIL: [INFO@CPA125.COM](mailto:INFO@CPA125.COM)



BRIDGEWATER

STATE UNIVERSITY

# ***The Trauma Informed Certificate in Work with Youth & Families***

**Tuesdays, 6:00-8:30 PM**

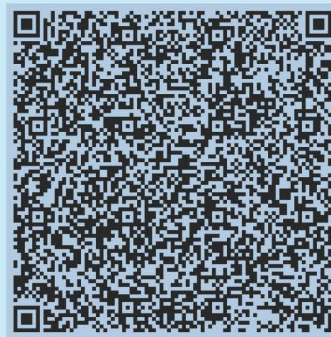
**January 17 through March 28, 2023**

**Via Zoom**

**with Denise Howley, Ph. D, LICSW**

**\$1100**

**REGISTER BY  
DEC. 9TH  
BY SCANNING  
THE QR CODE**



**30 CEU's in  
Social Work**

**BRIDGEWATER STATE UNIVERSITY  
COLLEGE OF GRADUATE STUDIES**

# **Masters in Reading**

**The Master of Education (MEd) in Reading- Reading Specialist Licensure Track** is designed for individuals looking to advance their career as a Reading Specialist/Literacy Coach, educating students with diverse learning and literacy needs. Bridgewater State University is working to partner with the New Bedford Public Schools to offer a MEd cohort on-site starting in the spring 2023 semester.

\*Degree option leads to professional licensure as a Reading Specialist K-12 license.

**MEd in Reading  
Reading Specialist Licensure Track**

**Courses:**

**READ 550 - Improving Literacy Instruction**

**READ 551 - Case Studies in Literacy Acquisition and Development**

**READ 552 - Literacy Assessment Principles and Techniques**

**READ 553 - Issues in Literacy Education for Social Justice**

**READ 554 - Research in Literacy Teaching and Learning**

**READ 555 - Supervision and Administration of Literacy Programs**

**READ 556 - Literacy Curriculum Development and Implementation**

**READ 558 - Practicum Experience I for the Reading Specialist\***

**READ 559 - Practicum Experience II for the Reading Specialist\***

**READ 560 - Literacy Research Seminar\***

\*Passing score on reading Specialist MTEL required for entry into classes



**FOR MORE INFORMATION CONTACT:**

**Program Chair Dr. Adam Brieske-Ulenski, Ed.D.**

**abrieskeulenski@bridgew.edu | 508.531.1843**

**WWW.BRIDGEW.EDU/READING-MED**

**\*APPLICATION FEE WAIVER AND REDUCED TUITION FOR  
NEW BEDFORD PUBLIC SCHOOLS STAFF**



# WELLBEING SERIES FOR EDUCATORS

## YOGA, MEDITATION & WELL-BEING CLASSES

Thursday, October 27 through Thursday, February 16



Lighthouse Wellness and Health Education Consulting, Inc, in partnership with DESE, is offering a series of free professional learning opportunities for school & district personnel.



Yoga & Meditation

SCAN TO  
GET MORE INFO  
& REGISTER



Educator Well-Being



# Community Corner

*Volunteers are needed throughout our community\**



On **Saturday, November 19, 2022 - National Family Volunteer Day** - volunteers will gather to package 1,000 Thanksgiving meals for families in need through the Hunger Heroes Project. Packaged meals are distributed through by the Hunger Commission to local partners throughout Greater New Bedford.

You can help reach this goal by participating in the **Hunger Heroes Food Drop on Saturday, November 13th**

In previous years, the community has dropped off food by the truckloads and we hope to get even more this year. Just stop by 1 Oneida Street, New Bedford to drop off your items and we will take it from there!

**When: Saturday, November 13th, 10am - 12 pm**

**Where: Buttonwood Park Warming House, 1 Oneida St., New Bedford**

**What we need:**

- ♦ Canned vegetables
- Instant mashed potatoes
  - Stuffing
  - Cranberry sauce
  - Cornbread mix
- Gravy (no glass please)

For more information on Hunger Heroes or how to get involved with volunteering for the United Way of New Bedford contact Victoria to get started today – [vgrasela@unitedwayofgnb.org](mailto:vgrasela@unitedwayofgnb.org) or 508-994-9625 ext. 210

***\*NBPS District Goal #4 – “Increase awareness of staff to the benefits, partnerships, and opportunities to become a bigger part of the greater New Bedford Community.”***