



Greater New Bedford Regional Vocational Technical High School

NEW BEDFORD/ DARTMOUTH/ FAIRHAVEN

PREPARATION • PASSION • PERSEVERANCE

Family Newsletter

Paw Prints



February 9, 2024- Vol 2 Issue 11

Principal's Message

Dear Pawprints Family,

I am delighted to welcome you to the month of February, a time of renewed energy and excitement here at our wonderful school. As we embrace the spirit of Black History Month, I am eager to share a bit of the history behind this important commemoration.



Black History Month has its roots in the vision of an influential figure named Carter G. Woodson. A distinguished author and the second African American to earn a Ph.D. from Harvard University (behind W.E.B. DuBois), Woodson believed passionately in the necessity of incorporating Black history into our educational curriculum. Recognizing the vital contributions of Black individuals in political, economic, technological, and social realms, Woodson championed the idea that these stories deserved a prominent place in our schools.

In 1926, Woodson initiated the concept of Black History Week, to be observed during the second week of February, strategically aligning with the birthdays of two monumental figures in American history – Frederick Douglass on February 14 and Abraham Lincoln on February 12. This week was a dedicated time to highlight the achievements and struggles of the Black community.

Fast forward to 1976, and Black History Week evolved into Black History Month, officially recognized on a national level. Today, it stands as a poignant reminder for us to reflect on the excellence and challenges faced by Black individuals throughout history. It serves as a testament

to the power of perseverance and resilience, guiding us as we strive to create an inclusive and equitable community.

As we navigate through the month, I encourage each of you to take a moment for personal reflection. Consider the impact of Black history on our collective narrative and appreciate the strength that comes from embracing diversity. Let us celebrate the richness of our shared history and continue to foster an environment where every voice is heard and valued.

Wishing you all a February filled with appreciation and a renewed commitment to unity.

Warm regards,

Principal Williams

QUICK LINKS:

[Lunch Menu](#)

[GNBVT Website](#)

[Family Engagement Center](#)

[Student Handbook](#)

[GNBVT Calendars](#)

Upcoming Events:

February 1-29: *GNVBT Celebrate Black History Month*

Wednesday, February 14: BCC Admission-palooza

February 19-23- NO SCHOOL- Mid-Winter Vacation

GNBVT Celebrates Black History Month



School Closing or Delay Reminders

In the event of a school closing or delay, an announcement will be made across all primary GNBVTHS social media outlets, which includes Facebook, Instagram, Twitter, Snapchat, and GNBVT app. In addition to social media, a phone call, e-mail and text will be sent to parents and guardians regarding school closing or delay.



Local radio and TV stations will broadcast announcements when school is closed or when the opening of school is delayed. When there is a delay, buses will run one or two hours late.

In the event of a delay, there will be no placement. Off-campus projects will be determined on a case by case basis.

The school will provide announcements regarding school closings, delayed openings or unscheduled early release of students to the following media:

School website

Primary School

Social Media Accounts

WCVB-TV Channel 5

WLNE-TV Channel 6
WHDH-TV Channel 7
WFXT-TV Fox 25 Boston
WBSM Radio AM 1420
WSAR Radio AM 1480

From the Guidance Department

Attention Seniors- Scholarships Applications Available

Seniors! Please check the Scholarships tab on the website as scholarships information is being posted continuously. Pay attention to deadlines!



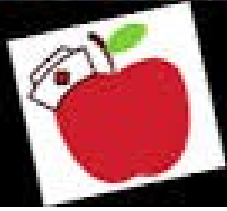
Scholarships Tab

BCC Admission-palooza-February 14th

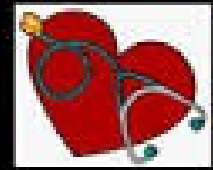
Seniors! BCC Admission-palooza will be at GNBVT on 2/14. This is your chance to meet with Admission, Financial Aid and Academic reps from BCC

BRISTOL
COMMUNITY COLLEGE

School Health



TEAM



From the Health Office

9th Grade SBIRT Screenings

As shared in the last edition of PAWPRINTS, Starting in the beginning of March, GNBRVTHS will be conducting state-mandated SBIRT screenings for our 9th grade students. The Screening, Brief Intervention, and Referral to Treatment (SBIRT) screening process focuses on the use of alcohol, marijuana, nicotine (vaping) and other substances, along with the importance of making healthy decisions. This screening consists of a series of questions only. The goal of this screening is to let our students know that we are available to them to discuss any questions or concerns related to substance use and assist them in obtaining support and treatment if needed to address substance abuse.



All SBIRT screenings are conducted confidentially by our trained school nurses and counselors in private one-on-one sessions. This program focuses on prevention, which includes healthy choices. If needed students are connected with school counselors or other community agencies for support and education.

While the Department of Public Health requires schools to carry out this screening, please know that this is VOLUNTARY. As with any school screening, you have the right to opt out. An informational/opt-out letter will be distributed to you in February between 2/6-2/9 during your academic cycle. Please share this with your parent/guardian. For those parents/guardians who do not wish for their student to participate, there is a signature line and opt-out section to complete. We encourage healthy choices and we are here to provide support and education. Together, GNBRVTHS and parents/guardians can make a difference in your life and we are all here for you.

For any questions please reach out to the nursing staff in our Health Center:

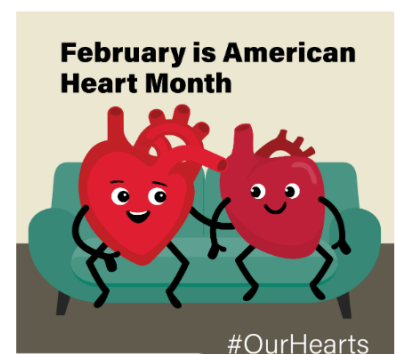
Sarah Caggiano, RN ext 791 Casey Clarke, RN ext 661 Ursula Crowell, RN ext 205 Jaala Duarte, RN 204

February is American Heart Month

In this month we look to raise awareness of cardiovascular/heart disease. Heart disease is the leading cause of death in the US. Living a heart healthy lifestyle can help reduce the risk of heart disease.

Here are some steps that can be taken to reduce your risk:

- Get enough quality sleep
- Maintain a healthy weight
- Eat better



- Be more active
- Stop smoking
- Control cholesterol, even at a young age cholesterol levels can be elevated and should be checked by your doctor
- Manage blood sugar
- Manage stress
- Control blood pressure, this is not typical in young adults but if your doctor identifies an issue it is important to follow their recommendations
- Practice self-care and find social support

Reach out to our nursing staff if you have questions about potential risk factors for yourself or your family members. We are here to help and provide education.

COVID-19

You can find information related to COVID vaccinations at the following [Mass.gov](https://www.mass.gov/info-details/covid-19-vaccine-information) website:
<https://www.mass.gov/info-details/covid-19-vaccine-information>

Reminder--COVID Test Kits: The government is providing four free testing kits per household. Please see the link below to order if you are interested in obtaining these:

<https://special.usps.com/testkits>

The health center also does currently have a limited supply of test kits on hand should your student need to take one home. The nursing staff can provide these while supplies last.

COVID TEST KITS LINK

Sophomore English Visits WW II Museum

Please read the accompanying article about a recent (12/12) visit to a Museum of WWII to accentuate our readings in Sophomore English - centering on the theme of freedom within the context of World War II.



Article- Sophomore English Visits WW II Museum -December 2023

John Perrotta's Comedy Factory

90-MINUTE 18+ COMEDY SHOW

FOUR COMEDIANS:

MIKE MURRAY - HEADLINER

WES MARTENS

STEPHEN TURGEON

AND HOSTED BY ANDY



\$20



AT SOCIETY OF SENHOR DA PEDRA, INC.
81 TINKHAM ST, NEW BEDFORD, MA 02746

FRIDAY, APRIL 12TH @ 8PM

DOORS OPEN AT 7PM

TICKETS CAN BE PURCHASED ONLINE OR AT THE DOOR
[HTTPS://GOFAN.CO/REVIEW-AND-BUY?EVENTID=1222291](https://gofan.co/review-and-buy?eventid=1222291)

OPEN SEATING OR RESERVE A TABLE FOR 8-10 PEOPLE
RESERVE A TABLE EMAIL JENNIFER.GASPAR@GNBVT.EDU

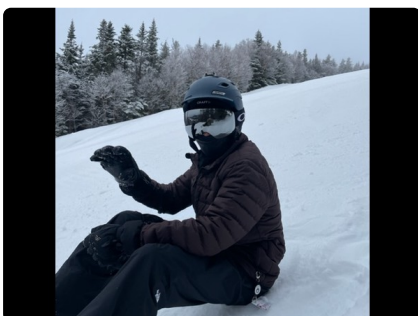
508-998-3321 EXT:244 OR 300

ALL PROCEEDS GO TO THE GNBVT AFTER PROM

Comedy Show- April 12th

GNBVT Ski and Snowboard Club

Students of the GNBVT Ski and Snowboard Club enjoyed their first outing of the season at Waterville Valley. It was a fun filled day of skiing and snowboarding. Stay tuned for information regarding our next trip!



SKILLSUSA Week

FEBRUARY 5-9, 2024

Recognition Day Monday, Feb. 5th

A special treat to recognize and appreciate our advisors, administrators, and helpers!

Give Back Day Tuesday, Feb. 6th

Small change makes a big difference!
Whose shop will make the most "cents"?
Money raised goes to Kyle Cares!

Partner Day Wednesday, Feb. 7th

Skills members thank Mass Hire, express your gratitude with a signature!

Advocacy Day Thursday, Feb. 8th

Positive Sign Thursday!

SkillsUSA Day Friday, Feb. 9th

Wear SkillsUSA logo or red gear to show support for our Competitors!



ADDRESS:

Greater New Bedford Regional Vocational Technical High School
1121 Ashley Blvd
New Bedford, MA 02740
508.998.3321



INTERNET/SOCIAL MEDIA:

WEBSITE: www.gnbvt.edu

INSTAGRAM: [@gnbvoctechhighschool](https://www.instagram.com/gnbvoctechhighschool)

X: [@GNBVocTechHS](https://twitter.com/GNBVocTechHS)



GNBVT

