



October 28, 2022

Dear Lamoille North Families,

I hope you have had a wonderful week. A highlight for me was the very well attended annual Green Mountain Technology & Career Center's spaghetti dinner and Open House this past Wednesday. The pasta, focaccia bread, desserts, and salads were all made by the students in the culinary program and were outstanding; I would say, in fact, that the quality and presentation of the food and service could most certainly compete with any Michelin-starred establishment! Stay tuned for pictures from the event in a future communication.



Please take note of the following upcoming events:

October 28, 2022 – Waterville Elementary School Trunk or Treat, 6:30 PM

October 28, 2022 – Lamoille Union High School Haunted High, 6:00-9:00 PM

October 31, 2022 – Cambridge Elementary School Costume Parade, PreK, 10:00 AM and K-6, 1:30 PM

October 31, 2022 – Hyde Park Elementary School Ghost Walk, PreK, 1:45 PM, and K-6, 2:00 PM

October 31, 2022 – Johnson Elementary School Mask Parade, October 31, 2022, 9:00 AM

November 3, 2022 – Lamoille Union High School, Seussical the Musical, 7:00 PM

November 4, 2022 – Lamoille Union High School, Seussical the Musical, 7:00 PM

November 5, 2022 – Lamoille Union High School, Seussical the Musical, 2:00 PM

Important Sports Notes:

October 29, 2022 – Cross Country Championships @ Thetford, 11:30 AM

October 29, 2022 – Varsity Football Playoffs, BFA/Lamoille vs. Otter Valley @ Home, 1:00 PM

In addition to these events, please be on the lookout for newsletters from principals of all of our Lamoille North Schools that highlight all of the exciting things happening in each of our schools!



In community news, our partners at the Lamoille Family Center are hosting a two-part workshop about the teenage years and how we can better support youth. Please click [HERE](#) for more information and to register.

On a different topic, and as part of a new law, [Act 74](#), all schools in Vermont that were constructed or renovated before 1980 are required to test for polychlorinated biphenyls (PCBs) in indoor air and address any issues when PCBs are found at or above the school-action level. The intent of the law is to protect students and staff from the possible health effects of exposure to PCBs in the indoor air of schools.

The health and safety of the children in our care and of our employees is our priority, and we are working with the Vermont Department of Environmental Conservation (VTDEC) to complete PCB testing in our schools. Vermont has set in motion a PCB school testing plan that is more stringent than that of the Environmental Protection Agency.

The indoor air at most of our schools will be tested for PCBs over the course of the next three years. In collaboration with the State, we will work with an environmental consultant to collect samples of indoor

air that will be sent to a laboratory for analysis. It can take up to four weeks or more for the samples to be processed at the laboratory, sent to the VTDEC, and reviewed by the Health Department.

So, how exactly will this impact us? Lamoille North Supervisory Union consists of eight separate campuses. Of these campuses, four are exempt from PCB testing as they were all new construction after 1979. They include Waterville Elementary School, Belvidere Central School, Eden Central School, and the GMTCC Forestry campus. Lamoille Union Middle School will also not be tested, but is part of the greater LU/GMTCC campus which will be tested.

The VTDEC PCB testing program as originally laid out by VTDEC is significantly behind schedule and original testing dates are currently being revised by the Agency of Education and VTDEC. The sites to be tested are as follows:

Hyde Park Elementary School: July 1 - September 30, 2022 (original dates)

Lamoille Union High School: January 1 - March 30, 2023 (original dates)

Cambridge Elementary School: October 1 - December 31, 2023 (original dates)

Johnson Elementary School: April 1 - June 30, 2024 (original dates)

We will inform you when the revised dates are communicated to us. Below, please find some potentially useful information about PCB's:

What are PCBs?

PCBs are a group of human-made chemicals that were commonly used in building materials and electrical equipment before 1980. Lighting ballasts in older fluorescent lighting fixtures and caulk are the common sources of PCBs in school buildings.

Why are PCBs a concern?

PCBs can cause serious health problems. The potential for health effects from PCBs, as with other chemicals, depends on how much, how often, and how long someone is exposed to them. Numerous studies in both humans and animals have shown that exposure to PCBs can affect the nervous, immune, reproductive and endocrine (hormone) systems. PCBs are also classified as probable human carcinogens. This means that exposure to PCBs can likely cause cancer in humans.

How are students and staff exposed to PCBs in a school building?

PCBs can be released into indoor air from building materials that contain PCBs. Students and staff may be exposed to PCBs by:

- Breathing in dust or vapors that contain PCBs.
- Getting dust containing PCBs on their hands and then swallowing it while eating or drinking.
- Skin contact with materials that contain PCBs.

What will happen if there are PCBs in the air of our school?

If levels of PCBs are **below** actionable levels in all rooms tested, then changes in occupancy are not needed.

If levels of PCBs are **at or above** actionable levels, then sources of PCBs are likely present. The State will work with school administrators to investigate and provide recommendations on how to reduce exposure.

We want PCB levels in indoor air to be as low as possible. Testing, identifying, removing, and mitigating sources of PCBs, as well as reducing the time spent in some rooms, are ways we can lower the levels of PCBs in the indoor air of our school.

How will I be notified of the results?

The results will be posted online within seven days after we receive the results from DEC and recommendations from the Health Department. We will also send you a letter that lists the results.

Where can I find more information?

Visit: dec.vermont.gov/pcb-schools

If you have further questions about PCBs and this process, please also feel free to reach out to our Facilities Director, Dylan LaFlam, at dlaflam@luhs18.org.



On a different topic, and as we have communicated previously, we are always interested in learning more about our towns and how best to connect with community voices. We are committed to meaningful engagement with our communities. In preparation for the work of the Community Advisory Group and other members of our school teams in our efforts to meet the needs of our communities, please take a moment to complete a survey by clicking [HERE](#). **This survey will be open until October 31, 2022.**

On a slightly different note, we have received feedback from some of our community members who feel they receive too many emails from the district. I think this is important feedback - we want to keep the community informed, but we also want to respect peoples' time and inboxes. I've also been thinking about my community letter, in general, and how to balance the need for timely information with the ability to make sure what I'm sending is robust and informative. In the past two years, there was a need for frequent, short communication because of the changing nature of the pandemic and our health response. Now feels like the right time to move back to a "newsletter-style" communication with more meaningful information to share. Toward that end, beginning in November, I will move to a twice-monthly newsletter. I'm hoping this will give me the opportunity to share more information at a time, and present it in a format, that is more accessible. I'll continue to seek feedback along the way!



Lastly, I want to highlight another way to help support our schools. It is incredibly difficult to find adequate substitute teachers in order to cover the "normal" absence load of a school system. So, if you or someone you know has any time available, please consider signing up to be a substitute teacher! You can choose to work in any of the Lamoille North Supervisory Union schools. It is a great way for those with flexible schedules to spend some time with all members of our school communities and would be an immense help for our hard working faculty, staff and administrators. If you are interested in this role, please contact our Human Resources Coordinator, Rachel Crawford, at rcrawford@lnsd.org, or at (802) 851-1173.

I continue to be so grateful for our Lamoille North community members and the strong relationships we have built together. Thank you again for your collaboration, compassion and dedication to the wellbeing of our students, staff and families.

I hope all of you have a wonderful weekend!

My best to you,

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