Honoring Silver Lake Class of 2020

Career opportunity on page 11!
KIDS CORNER

 youthful and free

 Do you have feedback, ideas or submissions? Do you have feedback, ideas or submissions? We are always happy to hear from you. We are always happy to hear from you.

 FEEDBACK, IDEAS AND SUBMISSIONS

 Deadlines for submissions are the 10th of each month. Go to www.bestversionmedia.com and select, "Submit Content." You may also email your thoughts, ideas and photos to: Jdillon@bestversionmedia.com. Important Phone Numbers

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 Police Department .......................... 781-585-0523
 Fire Department ................................. 781-585-0531
 Town Hall .......................................... 781-585-0500
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 Content Submission Deadlines

 Content Due: Edition Date:
 December 10 ................................. January
 January 10 ........................................... February
 February 10 ........................................ March
 March 10 ............................................. April
 April 10 ............................................ May
 May 10 ................................................ June
 June 10 ............................................... July
 July 10 ................................................ August
 August 10 ...................................... September
 September 10 ................................ October
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 Do you have a child in K-12th grade? Do you have a talent that they would like to showcase? I would love any artwork, book reviews, poems, or anything of interest!! Please submit to me @ jdillon@bestversionmedia.com.

 Drawing done by Seventh grade Student, Julia Hawley. This amazing work of art was done in colored pencil. It is a spotted moray eel and inspired by one Julia saw while snorkeling in Saint Martin.

 DEAR NEIGHBORS

 Welcome to the June issue of Kingston Living! June is officially the first month of the summer season, and boy, do we all deserve a good summer! As I am writing this letter, it’s bright, warm and sunny and I hope that the same is true when you, my friends, are reading it. We have had a tough go of it these last months, but I see hope and resilience everyday around town. We may be just one small piece of the globe but we come together when it counts in a big way. I have seen hearts on almost every window and door, showing our love, thanks, and appreciation to healthcare workers and first responders. I have seen many High School yard signs, letting our class of 2020 know we are strong and stand with them. I have read many offers of help to anyone in need on social media platforms. There is so much goodwill being spread around our town that I know we all have each other’s back. It feels good to live somewhere where you can ask for help and get it, and it feels good to be the helper. My wish is that this conviction stays strong even when this ordeal is all over.

 This month, I was happy to focus on the Silver Lake Regional High School class of 2020. They have really been affected by this pandemic and have lost out on some very important memories. I want to thank Hannah Alexanian, class president, who was so very helpful. Students keep your eyes open for a special message from Principal Gilly. Cheers to you class of 2020! We all wish you the best in your future endeavors! I also wanted to take a moment to recognize Melina Khan. Melina Khan is an 18-year-old, lifelong resident of Kingston and will be putting some time in interning for Kingston Living this summer. She is a graduate of Notre Dame Academy in Hingham and is heading off to Quinnipiac University in the fall, where she will be studying communications and media studies.

 Let’s all keep looking out for each other, Kingston! Sincerely,

 Julie Dillon
 Content Coordinator.

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 Kingston Living

 BY JULIE DILLON

 Contents

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 Character

 Service

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 Kingston, MA 02364

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 781-585-5587

 www.southshoreautoworks.com

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 For more information about Sacred Heart School, visit www.sacredheartkingston.com.

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 June 2020
Senior year and the traditions that come with it are considered a rite of passage for 12th graders. It is a time of reward and celebration that most students have been looking forward to since Kindergarten. Sadly, under the current Covid-19 climate, countless seniors across the globe are being robbed of these activities. Approximately 282 students set to graduate from our very own Silver Lake Regional High School are not exempt from the consequences of this pandemic.

Although the reality is understandable, it is ok to be sad for lost memories. No matter who I have asked, I hear the same thing: “These are an amazing group of kids!” And this amazing group of kids is willing to do their part by making sacrifices to save lives and help fight this battle with the rest of the world. I am sure all towns across Massachusetts are saying the same about their seniors, but I know here in Kingston we are partial to ours. Driving around town you see lawn signs proudly honoring graduates. As a community, we truly shine in times of crisis.

I was lucky enough to speak with Senior Class president Hannah Alexanian, even as she is in the thick of studying for her AP exams. She took the time to share insight on what our 2020 class is missing out on due to Covid-19. On the top of her list: no official last day of school, no ‘final’ goodbye to good friends and beloved teachers, and possibly no prom or graduation, but we will get to those later. There are so many events, as a senior class, these kids are missing out on. The senior parade, for example, a Silver Lake tradition, where seniors walk the halls of not only the high school but elementary and intermediate schools as well, to be honored by the faculty and their peers. And what of those educators that facilitated this achievement, surely they feel honored during this parade that will not be possible this year. This is a long time Kingston tradition that not only seniors look forward to but makes a strong impression on the younger students as well. The senior breakfast, where yearbooks are handed out and signed, and senior awards night also made the list of activities that will never be. I know there must be many parents of athletes that are sad not to experience senior nights for spring sports. Hannah also told

Continued on page 6
When asked about the highlights of the Class of 2020, Hannah said, "The class of 2020 is undefeated "Laker Day "lip sync battle champs. The boys’ soccer team won the Patriot League Keenan Division this year. The Pembroke-Silver Lake gymnastics team won the Patriot League meet this year along with a multitude of individual awards. Alexa Connors (senior swimmer) is a two-time repeat state champion and broke a 21-year-old swim record. Claire Brookshire (senior soccer player and student council secretary) was a leading scorer in the state." The list goes on. How is it that we, as a community, will not be able to celebrate accomplishments! The small yet unsure "Laker Day" celebration, "Class of 2020, we can’t control the world, but we can control how we react." She is right Kingston seniors. You are part of world history, future Silver Lakers will learn about this.

I want to thank Hannah Alexanian and Principal Michaela Gill for your help with this article, your insight is greatly appreciated. I speak for the entire Kingston community when I say a big heartfelt "Congratulations Class of 2020".
A Teacher Perspective
On Remote Learning

BY WAYNE REISSFELDER,
SEVENTH GRADE TEACHER SLRMS

The lives of Silver Lake Regional students and teachers were drastically changed on the morning of March 13th, the first day of school closure. Since then, the role of the educator, student, and the parent has evolved dramatically, putting many of us in new and possibly uncomfortable situations.

For the past eight weeks, over forty-five million children have been out of school. Unlike a vacation, this time has presented many with job insecurity, medical concerns, and a new domestic environment. Something as simple as buying food has become a stress-inducing and formidable challenge.

The collective growth that we’ve undergone has been striking. Students have shown self-advocacy, perseverance, empathy, and patience. Parents have become technology experts, educators, and the directors of a new home experience. My colleagues and I have gone back to school, figuratively speaking, to better learn how to reach our students in meaningful ways.

Of the many things we have become more aware of, inequity may be the most important. Access to technology, emotional supports, educational resources, and a supportive learning environment vary widely amongst our population. In response, the guidance counselors, special education staff, and administration have worked tirelessly to diminish or eliminate these dissimilarities. It is important for each of us to recognize the vastly different circumstances that each of us is in and not succumb to shame or feelings of inadequacy when making comparisons.

While the school year is winding down, the future of American education is still uncertain. If remote learning must continue, then we must be prepared to care for each other and our students as long as it does. Communication, in the absence of physical proximity, will be the most important factor in achieving success. Educators everywhere are longing to hear the familiar calls from their students asking for help; if you have a question, concern, or issue, we’re here, and we will continue to be.
NATIONAL NUMBERS

UNITED WAY 211: dial 211
United Way has a compassionate team available 24/7 to help you access local resources and services. An example: COVID-19 testing sites www.211.org

PROJECT BREAD FOOD SOURCE HOTLINE:
800-645-8333
Monday-Friday: 8am-7pm
Saturdays: 10am-2pm
www.projectbread.org

FEDERAL PHONE NUMBERS

SOCIAL SECURITY ADMINISTRATION:
1-800-772-1213
www.SSA.gov

MEDICARE/PRESCRIPTION ADVANTAGE:
· MEDICARE: 800-633-4227
www.Medicare.gov
· MEDICARE RIGHTS: 800-333-4114
www.MedicareRights.org
· MCPHS PHARMACY OUTREACH PROGRAM
866-633-1617 www.MCPHS.edu/Patient-clinics/Pharmacy-outreach-program
· PRESCRIPTION ADVANTAGE:
800-243-4636, press 2 / TTY: 800-610-0241

LEGAL SERVICES

SOUTH COASTAL COUNTIES LEGAL SERVICES, INC:
508-586-2110/800-244-8393

GENERAL LEGAL SERVICES:
Massachusetts Bar Association Dial-A-Lawyer (first Wednesday of each month)
5:30–7:30 p.m. 617-338-0610/877-686-0711 www.MassLawHelp.com

MASSACHUSETTS SENIOR LEGAL HELPLINE 
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Representative Kathleen LaNatra’s Office: 617-722-2430

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MASSACHUSETTS RESOURCES

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PLYMOUTH AREA COALITION:
781-582-2010 149 Bishops Highway, Kingston
www.plymouthareacoalition.org

COMMUNITY RESTORATION CHURCH:
781-361-9108 213 Main Street, Kingston
www.rcckingston.org

NOTE: FOOD DONATIONS OR GIFT CARDS ARE WELcomed

FUEL/HEAT

SOUTH SHORE COMMUNITY ACTION COUNCIL, INC: 508-746-6707
Telephone intakes are from 9:15am – 3:00pm
MON/WED/FRI www.sscac.org

FAMILY RESOURCE LINE:
617-660-5399 7am-5pm/7 days a week
If you have a loved one in a Skilled-Nursing Home or Nursing Home, the Executive Office of Elder Affairs and the Massachusetts Department of Public Health launched a dedicated number for individuals with questions or concerns about a loved one in a facility.

SAFETY ASSURANCE PROGRAM - Plymouth County Sheriff’s Department: 508-830-6256 This is a FREE service with no monthly fees, equipment requirements or special codes to remember. You can receive calls on your home phone or cell phone.

EXECUTIVE OFFICE OF ELDER AFFAIRS:
617-727-7750 / 800-243-4636

TOLL FREE ELDER ABUSE HOTLINE:
800-922-2275 open 24 hours, 7 days a week.
MassRelay: 711 - 800-439-0183, 877-752-2388
Voice: 800-439-2370: TTY/ASC11

MASSHEALTH:
800-841-2900
To fully capture the story of how the Covid-19 pandemic has affected Kingston educators and students is no easy task. The past few months have taught us all many lessons about the importance of life, family, and community. As is often the case in challenging times, we have also learned a new appreciation for the tremendous skills of our teachers and the resilience of our children.

From the very start of our schools’ closures, and often while juggling the needs of their own children and families, Kingston teachers have been creative in developing and sharing new learning methods and opportunities, all while helping students stay connected to their classroom communities.

In weekly online meetings, teachers are able to facilitate discussions, review assignments, and provide the feedback and guidance needed for student growth. While teachers have maintained academic connections online, one of the greatest challenges currently faced by teachers is how to also maintain and nurture their personal relationships with students. Teachers miss giving high-fives, sharing secret hand-shakes, and recounting knock-knock jokes. They miss helping students tie their shoes and helping them untangle tricky social situations with their friends.

It is also far more difficult for teachers to catch glimpses of the “Aha!” moment that flashes across a student’s face when they finally make a learning connection. These glimpses have been seen through the screens of online learning, but the opportunity to celebrate the exact moment of growth with the student is missed. During online learning, it is also more difficult to sense when a student is struggling or perhaps doesn’t know how to put their frustrations into words. Nevertheless, Kingston teachers are doing their best to find creative solutions for these challenges.

For many students, the remote learning experience started as an exciting adventure, having since adapted into more of a routine. Not surprisingly, students adapted quickly to the technology needed to participate in online meetings and complete assignments. To honor the social opportunities that have been lost with closures (recess, snack time, lunchtime, etc.), teachers have recognized the importance of allowing time for students to socialize during some of their online meetings. On several occasions, teachers have even encouraged students to bring their pets to online meetings and introduce them to their classmates. Other teachers have creatively hosted online games and trivia to help students and families in the community stay connected.

Perhaps the most important thing that has remained unimpacted by the pandemic is how Kingston teachers love and miss their students. Learning right now is different, but we are confident in our teachers’ and students’ abilities to overcome the challenges ahead as our journey continues.
The Selection - Kiera Cass (Age Level: 9+)

The Fault In Our Stars - John Green (Age Level: 13+)

Fangirl - Rainbow Rowell (Age Level: 14+)

Wings Of Fire - Tui T. Sutherland (Age Level: 10+)

The Lost Track Of Time - Paige Britt (Age Level: It's fine)

To All The Boys I've Loved Before - Jenny Hale (Age Level: 12+)

Carry On - Rainbow Rowell (Age Level: 14+)

Renegades - Marissa Meyer (Age Level: 10+)

1. Renegades - Marissa Meyer (Age Level: 10+)
2. Carry On - Rainbow Rowell (Age Level: 14+)
3. The Selection - Kiera Cass (Age Level: 9+)
4. The School For Good And Evil - Soman Chainani (Age Level: 9+)
5. To All The Boys I've Loved Before - Jenny Hale (Age Level: 12+)
6. The Lost Track Of Time - Paige Britt (Age Level: It's fine)
7. Wings Of Fire - Tui T. Sutherland (Age Level: 10+)
8. Fangirl - Rainbow Rowell (Age Level: 14+)
9. The Fault In Our Stars - John Green (Age Level: 13+)
10. Escape From Mr. Lemonchello's Library - Chris Grabenstein (Age Level: 11+)

Silver Lake Regional School District School Food Service is happy to provide FREE meals for ALL children, during the school closure.

We are providing 2 breakfasts and 2 lunches each Monday and Wednesday and 1 breakfast and 1 lunch each Friday. Meals are available for pick up between 11:30-12:30 at Silver Lake Regional Middle School and Halifax Elementary School.

Many people have asked, "What can I do to support the program, and help to feed kids who need food?" The simple answer is that you can come to get meals for YOUR kids. The more meals we provide, the more reimbursement money our program receives from the United States Department of Agriculture (USDA), which means the more kids we can continue to feed.

I hear people say, "I don't NEED a meal, so I am not going to participate. I want to make sure there's food for someone else." But, by NOT participating, it actually makes it so we receive less money, so there's less money we have to spend on food for kids who are food insecure. This is true now, and throughout the school year as well.

We offer a variety of foods which may include individually wrapped premade sandwiches, fresh salads, Power Packs, or Heat at Home entrees such as pizza or chicken patties. Each meal we provide follows the USDA meal pattern and includes fruit, vegetables, whole grains, milk, and protein. Some of the meals we provide will include "prepare at home" foods like fresh corn on the cob, or a fresh sweet potato. If a child would like a meal but has any sort of food allergies or food restrictions, we will aim to provide a nutritious meal that is safe for that child as well.

As we do throughout the school year, we aim to provide safe, nutritious foods for all children. We follow food safety guidelines including the basics such as frequent hand washing and frequent cleaning and disinfecting food preparation surfaces.

If you would like to begin picking up meals for your child, please contact Megan Ahrenholz, Food Services Director at 781-582-3556 or mahrenholz@slrsd.org, or use the NutriSlice ordering app or NutriSlice ordering website at slrsd.nutrislice.com. As of now, June 19th will be our last day serving meals for kids, during the school closure.

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