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Lynnfield Town Administrator's Update September 2023

Talking to New LHS Principal Patricia Puglisi

As Patricia Puglisi embarks on her first year as principal of Lynnfield High School, we asked her about her background and her plans for the future of LHS.

What are your immediate priorities as the new principal of Lynnfield High School?



I need to take some time to learn the culture of the school and the community. Lynnfield High School is already a very strong high school. We always want to be moving forward, so I'm thinking about what are the best ways to do that when you're already a strong school.

What are you looking forward to the most?

Working with the students is the thing that that brings me to work every single day. I love being a high school principal and getting into the classroom and seeing students engaged in learning and really excited to learn. And then, really being involved with the athletic program, the performing arts program, and all the other

clubs and activities that go on in this building that make it such a vibrant community. That's what keeps me going.

What activities did you do in high school?

As a student, went to Masconomet. I played soccer and basketball, and I ran track. I was one of those kids that was really involved in student government and athletics and all the stuff that makes high school fun. Maybe I'm a principal because I loved high school!

What is your academic background?

I was a history major at Boston College, and after graduating, I taught for one year, and I realized my passion and values were in education. So I got my master's of teaching in history, and then also a CAGS [Certificate of Advanced Graduate Study] in education leadership.

What do you think are the biggest challenges facing Lynnfield high school students right now, and what are you going to do about them?

I think a lot of students are struggling with social emotional issues, and school needs to evolve to support those students with their mental health and with their learning. There are ways we can do that, in terms of meeting each student where they're at and providing structures and supports in the school day to help them to learn to manage their emotions but also be able to reach out for help and talk about their emotions when they need to do that. I think that's one of the biggest challenges that high schools across the state and the country are facing.

I think, also, in a school like Lynnfield, kids feel a lot of academic pressure. They go on to tremendous post-secondary opportunities, but the pressure that's felt during the school day can be too much. It's something that we faced in Manchester Essex as well. Families have expectations for their children, and they want the best for their children, but we need to find some balance while still reaching those outcomes.

I really believe this philosophy is student-centered learning, where you really focus on the individual students. If we can do that, and give some kids some choices in how they're showing their learning and what they're doing with their learning, I think you have a more engaged students. You also lessen some of that pressure students feel because they're excited about what they're doing.

Interface Provides Mental Health Support for All Lynnfield Residents

Did you know that Lynnfield provides a free service to help residents and students in the Lynnfield schools navigate the mental health system? Interface is a program that helps residents find an outpatient provider who is taking new patients and accepts their insurance. To access it, call 1-888-244-6843 between 9 a.m. and 5 p.m., Monday through Friday. There's more information on A Healthy Lynnfield's [Mental Health Resources](#) page.



Finding help doesn't have to be hard.
INTERFACE Resource and Referral Helpline
1-888-244-6843

INTERFACE will assist you in finding the right outpatient counseling and mental health services.

Where can you learn about Mental Health Resources in or near your community?
How can you access Mental Health Services?
Find answers at the William James College
INTERFACE Referral Service website:
interface.williamjames.edu
Or call the INTERFACE® Helpline
at 1-888-244-6843
Monday-Friday 9am-5pm

Substance Use
If you are seeking assistance for Substance Use Treatment or Recovery Services, call the Massachusetts Substance Use Helpline at **1-800-327-5050** or www.HelplineMA.org
For a mental health emergency, call Eliot Crisis Intervention at **800-998-1111** or dial **911** directly.



Over 140 Lynnfield residents have used Interface since 2019, said Peg Sallade of A Healthy Lynnfield, which sponsors the service. “It is intended for families and individuals who are looking for outpatient mental health services for a whole variety of reasons: Taking care of an aging parent, going through a divorce, behavioral problems with children, all sorts of mental health stressors,” she said. “A trained counselor will help match you with someone that meets your health insurance, your available time, and

your presenting need. They check to make sure the provider is licensed and doesn't have any complaints filed against them, which is very different from pulling names off the internet.”

The bottom line, Sallade said: “Never be afraid to make the call to explore what help and supports are available.”

Trash and Recycling Changes

Beginning September 11, 2023, trash pickup for Lynnfield residents will be limited to three 32-gallon barrels or bags per week. The change was voted in by the Select Board on June 12 and is in line with a recommendation from the Recycling Committee. One reason for the change is to encourage residents to recycle; at the meeting, Director of Public Works John Tomasz stated that increasing recycling would save the town money and increase the likelihood of getting state grants, in addition to the environmental benefits. Most of the communities around Lynnfield already have a three-barrel limit, and a survey of 1,600 Lynnfield residents indicated that 96% use four or fewer barrels per week.

The cardboard recycling containers will also be moved into the fenced area of the yard behind Town Hall to prevent dumping by non-residents. The current location is open to the public at all times, raising the possibility that Lynnfield taxpayers would be paying for cardboard coming in from other communities. The recycling area will be moved on September 1, and after that, residents can bring cardboard to the containers on Mondays, Wednesdays, and Saturdays.

More information is available on the DPW's [Trash and Recycling Program website](#).

Eagle Scouts Spruce Up Beaver Dam Brook Reservation

Eagle Scout candidate Jack Mackey is nearing completion of his Eagle Scout project at Beaver Dam Brook Reservation. Beaver Dam Brook Reservation is almost 200 acres of forested open space in the very center of Lynnfield with a long history of enjoyable passive recreation opportunities for residents.



In Fall 2022, Mackey approached the Conservation Commission with his project proposal for restoration of the Reservation. His proposal included re-mapping of the entire area, maintenance of existing trails, establishment of new trails and connection points, and installation of trail signage and wetland crossings. Jack is shown in this photo with one of the double-plank wetland crossings he designed and built. Jack hopes to complete his project before starting his Junior year in September.

Thank you to Jack and your fellow Scouts for your hard work!