

BITS & PIECES

A Newsletter from the Superintendent

November 15, 2019

J. Paul Truluck Students Explore the Scientific World at Camp St. Christopher

J. Paul Truluck Creative Arts and Science Magnet School students took on Camp St. Christopher, the Barrier Island, October 23-25. Through three jammed-packed days of learning and adventure, seventh- and eighth-grade students discovered the scientific world with all of their senses to better understand how they are tied to the world around them.

Students learned about their carbon footprints and their impact in "The Human Impact" course. They also learned how to preserve, conserve and protect our environment.

By chasing butterflies and capturing insects like a true Entomologist, students learned all about insects and arthropods.

In the "Pondering Life" class, they investigated ecosystems, succession, and trophic levels. They focused on reptiles and amphibians native to SC and their adaptations, behaviors, and life cycles in the "Herpetology" class.



The overwhelming favorite class, "Let's Sea," allowed students to take a two-mile walk along the beach to observe and discuss tides, beach zones, barrier island information, plant/animal life, and sand dunes and their purpose. After a walk through the tide and a trek through the salt marsh trails, they finally arrived at the infamous mud pit, which was undoubtedly the highlight of the trip.

In the "Need a Friend" class, teamwork, cooperation and communication skills were strengthened (and even tested) as they navigated various obstacles together and reflected on the impact of leadership, positive feedback and encouraging talk.

They also had a dance class, a campfire, games and a nocturnal wildlife class where the students got to discover the impact of nocturnal wildlife on our ecosystem through role-playing and games.

A fun-filled trip allowed the students to see that learning can be fun and exciting even when it is hard.

Lake City High Names 48 Student-Athletes to 1st Quarter All-Academic Team

The 48 student-athletes who were named to the Lake City High School All-Academic Team for the first quarter grading period were recently honored with a luncheon at Lavelle's courtesy of The Greater Lake City Community Resource Center.

Each of the student-athletes maintained Honor Roll status while participating in a fall sport.

Students named to the All-Academic Team were:

Varsity Cheerleaders: Da'Mara Brown, D'Aria Dickie, Marissa English, Kelsey Fulmore, Angela Gamble, Acacia Johnson, Shadrea McKnight, Shel'tonasia Moore, Asiana Gaskins-Nelson, Tatyana Nesmith, Kimani Ross and Sta' Asia Vu;

JV Cheerleaders: Isabelle Bryant, Kayla Fulmore and Camryn Nero;

Cross Country: Ava Bingham, Sabrina Bonilla-Perez, Xzer-rya Clark, Irvin Fajardo, Chandler Gause, Haley Hardway, Matthew Leiter, Sara Leiter, Makayla Sheppard, Caleb Wallace and Kara Whitten;

Football: Christopher Barr, Tayvian Barr, Shelton Burgess,

Clint Caldwell, Joshua Coleman, Shaquan Epps, Jamaurion Franklin, Malik Hailey, Emanuel McClam, Bryce McIntosh, Trey Milligan, Tremarion Moore, Skyshon Rush, Gary Speights and Jaquan Wilson;

Volleyball: Jordyn Brown, Knaya Carson, Alyssa Matthews, Morgan McCutcheon, Emerald McFadden, Amara Nelson and Mari'Ana Smith.



LCPD Officer Pringle Participates in Anti-Bullying Program at Panther Academy

Officer Amy Pringle of the Lake City Police Department visited Panther Academy students (elementary and middle) to facilitate an anti-bullying session during the weekly COFFEE Assembly.

She encouraged students to communicate their concerns regarding bullying with adults who can help them figure out next steps. Officer Pringle spoke with students individually that had questions for her during lunch.

Lastly, she assured students that she would stop by on a regular basis to address issues and offer support to their educational experiences.



SESA Annual Veterans Day Program Honors Those Who Served in U.S. Military

Scranton Elementary STEAM Academy honored veterans in the community on Monday, November 11 at the school's annual Veteran's Day Program.

During this program, students along with the special veterans they invited, watched as the SESA cheerleaders performed a special USA cheer. Then, students in Music TAG and 5K performed three beautiful songs. Special veterans even gave a lesson on folding our nation's flag and what each of the 13 folds means.

Each veteran in attendance was recognized individually by announcing their name and their branch of service.

It was a heartfelt service that showcased SESA's pride and appreciation for the veterans and their service.



The State Health Plan's Tobacco-Use Premium Now Includes E-Cigarettes

An electronic cigarette, or e-cigarette, is a hand-held, battery-operated device that emits both vaporized nicotine and non-nicotine solutions for inhalation. E-cigarette usage has become more prevalent the past few years, and has most recently become a significant health concern because of conditions believed to be associated with such use.

Accordingly, PEBA has updated the [Certification Regarding Tobacco and E-cigarette Use](#) form to include e-cigarettes. You can find the new form online and should begin using this new form immediately. Please inform your subscribers of this update to the policy and let them know that the tobacco use premium now applies to subscribers and covered dependents who use e-cigarettes. You do not need to submit new certification forms for every subscriber; however, subscribers who use e-cigarettes, or cover dependents who use e-cigarettes, need to complete a new form. Similar to those who use tobacco, subscribers and their covered dependents who use e-cigarettes can complete the [Quit for Life®](#) smoking cessation program.

The Centers for Disease Control and Prevention (CDC)

has issued an investigative report on the use of e-cigarettes with data collected from 25 states. Its findings show that respiratory issues can happen over a short period before hospitalization may be required. You can read the [detailed report here](#).

JPT Hosts The National Theatre for Children for the Second Straight Year

J. Paul Truluck Creative Arts and Science Magnet School hosted The National Theatre for Children on 10/31.

This was the theatre's second year at JPT, and this year's performance was Energy Guardians. JPT's young scholars learned about ways in which they can lead the school in saving energy as well as at their homes. This was an exemplar of theatre and science integration.

Parents can also receive a free energy kit at <https://myenergykit.org/>. You do not have to be a Duke Energy customer to receive the free energy kit.

Quit For Life

If you smoke, the time to quit is now.

Using Quit For Life[®], you'll team up with a quit coach who is a trained tobacco treatment specialist. Together, you will develop a plan to quit your way.

This includes:

- Coaching by phone at your convenience.
- Recommendations on nicotine replacement therapy such as patches, gum or lozenges.
- Free supply of nicotine replacement therapy, if you choose to use it.
- A Quit Kit with helpful materials, plus interactive online features, such as social forums.

For details about enrolling in this free program, call **866-784-8454**.



Manage Your Retirement Account with Member Access



You can access your retirement account 24/7 with Member Access at online.retirement.sc.gov.

- **Review your service credit.** Along with age, service credit determines whether you are eligible for retirement.
- **Create benefit estimates.** The estimates use your retirement account information, a potential average final compensation and a selected retirement date.
- **Manage service credit purchases.** You can calculate an unofficial cost estimate to buy service credit. You can also submit a service purchase request.
- **Submit a service retirement application.** Apply for retirement up to six months before your retirement date. You can also view the status of your application.
- **Change your State Optional Retirement Program (State ORP) service provider, if applicable.** Changes can be made during annual open enrollment, which occurs January 1 to March 1.
- **Update your contact information.** This helps PEBA keep in touch with you now and in retirement. You can expect occasional emails about important issues or operational changes.

- **Review your beneficiary information.**

- Primary beneficiaries receive any retirement benefits payable upon your death.
- Contingent beneficiaries may receive benefits if you die while still in service and all of your primary beneficiaries die before you.
- Incidental death benefit beneficiaries receive the incidental death benefit payable upon your death, if you were eligible.

- **Review your account balance.** The balance does not affect the calculation of your monthly retirement benefit, but may be payable as a death benefit to your beneficiaries. The balance also reflects the amount payable if you terminate employment and take a refund of your contributions.

- **Request a refund.** Taxes are applicable to your account balance if you request a refund.

Inactive members can review their account balance and update their contact information. You are an inactive member if you are not working and contributing to your account and have not retired.

More information

- www.peba.sc.gov.
- PEBA's Customer Contact Center: 803.737.6800 or 888.260.9430.