



Who's 22?

We're the "education channel" managed by the nonprofit community organization **Lower Cape Community Access TV**.

Find us on **Channel 22** on your cable box
or online at lowercapetv.org

 [lowercapetv](https://www.facebook.com/lowercapetv)

 [@lowercape_tv](https://twitter.com/lowercape_tv)

 vimeo.com/lctv

- Take our **free workshops** to learn how to create a voice for your school and students.
- Borrow our **gear** to create content to share on the channel.
- Attend our quarterly PSA Day to **create a message** about your school, parent, or student group.
- Use our **studio** to create your own shows.
- **Watch Ch 22** to see what others in our Nauset and Truro districts are doing.

Visit our studios at:

100 Cable Road, Building B, Eastham
(on the NRHS campus)

ph **508 694 3500** e info@lowercapetv.org





DON'T MISS

SUNDAY SCHOOL

A taste of Channel 22's locally produced content, by and for the Lower Cape education community

EVERY SUNDAY ON CABLE CHANNEL 22!

6:30am

NAUSET NEWS

News from Nauset Regional High School, produced by the NRHS video class

7am

FLEMING'S FORUM

With NRHS vice principal Sean Fleming

7:30am

MENTAL HEALTH AWARENESS

Hosted by Dr. Ann Caretti

8:00am

SCHOOL COMMITTEE MEETINGS:

Most recent Brewster, Eastham, Orleans, Nauset Regional, and Nauset Joint committees; exact times and meetings vary.

Noon

SUPERINTENDENT'S SPOTLIGHT

With NRSD superintendent Tom Conrad

12:30pm

NAUSET NEWS

From the NRHS video class

1pm

WE THE STUDENTS

Produced by NRHS Government classes

2pm

BEST OF THE BEST

Issues, documentaries, and regional stories, produced by the NRHS honors video class

2:30pm

SPORTS & EVENTS

From NRHS, NRMS, Eddy, Stony Brook, Orleans, Eastham, Wellfleet, and Truro schools and area community groups

4:30pm

INSIDE THE CLASSROOM

Your schools in action

5:30pm

MENTAL HEALTH AWARENESS

Hosted by Dr. Ann Caretti

6pm

FLEMINGS FORUM

By NRHS vice principal Sean Fleming

6:30pm

NAUSET NEWS

From the NRHS video class

7pm

SUPERINTENDENTS SPOTLIGHT

With NRSD superintendent Tom Conrad

7:30pm

NED RAPS

Nauset Educational Diversity Education; Lisa Brown & her diversity and social justice classes look at local, regional and national human rights issues.

8pm

AROUND NAUSET

Snapshots of the district produced by Leah Bellivue

8:30pm

MUSIC & OTHER HAPPENINGS

From NRHS, NRMS, Eddy, Stony Brook, Orleans, Eastham, Wellfleet, and Truro area schools and community groups

10:30pm

NAUSET NEWS

From the NRHS video class

11pm

NRSD SCHOOL COMMITTEE

Most recent regional school committee