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School Board Meetings

6:30 pm, WMRHS

March 11, 2019

March 25, 2019

April 8, 2019

March 29, 2019

May 13, 2019

May 28, 2019

**View Monthly School
Board Meetings Live!**

Visit our website for links.



District Dialogue

The Official Newsletter of White Mountains Regional School District

ISSUE 4, VOL. 1 | February 2019

A Message from Dr. Anastasia Superintendent of Schools

It's a pleasure to share this issue of the District Dialogue with our staff and community! The overall theme in this issue highlights our strategies and programs that support our students. Teaching social-emotional learning skills is one of our major content disciplines. You will read how the Whitefield Elementary School supports kids through their Wellness Center; Lancaster Elementary School's STARR Student initiative; and the WMRHS's Futures program! We also provide the students and staff with cyberspace security, safety, and privacy. Read about how we are evaluating WMRSD security compliance and amending our school board policy. Our WMRHS seniors continue to participate in rigorous capstone projects described within this issue. Finally, our youngest learners and their teachers will be supported by an early education coordinator!

Director of Student Services Search Begins

The Director of Student Services Search Committee will be meeting soon to begin the search process. We have talented, promising candidates to interview and hope to have the process wrapped up by the end of March.

The WMRSD Redesign Study is underway!

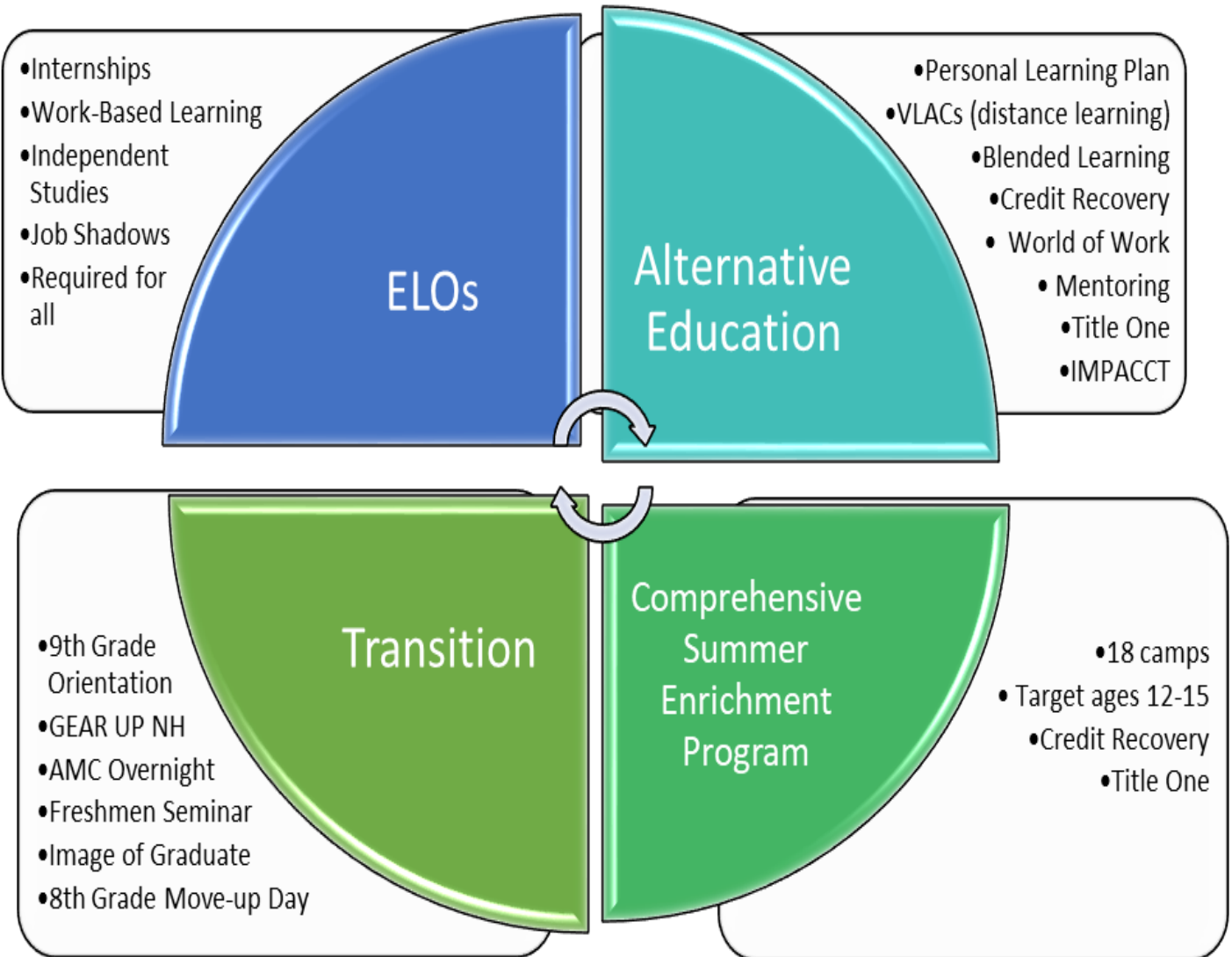
The Redesign Steering Committee and Project Team met for a day-long orientation training with consultant William Bryan on February 5, 2019. Dr. Bryan will meet with each team regularly to provide guidance along the way. The Project Team (10 students, a community member, and 3 teachers) recently met to clarify their roles and responsibilities, data and communication priorities, and received data collection training. The Steering Committee (15 community members and WMRSD staff) is slated to meet on March 4th to finalize the project purpose statement, creating a data focus, and creating and initiating a communication plan. All of our documents are available on our District Website.

What is the Impact of Extended Learning Opportunities at WMRHS?

Mike Curtis, Futures Program Director

White Mountains Regional High School is in its second year of offering a comprehensive extended learning opportunity program through the Futures Program. White Mountains Regional School District (SAU 36) provides the resources and staff to operate many strands of these non-traditional educational experiences (see visual). The Futures Program has assisted in providing programming for over 300 students grades 6-12.

White Mountains Regional High School Futures Program



What is the Impact of Extended Learning Opportunities at WMRHS?

Mike Curtis, Futures Program Director (Continued from page 2)

Appalachian Mountain Club

- **8th Grade Transition**
- Each year, the 9th graders travel to Joe Dodge Lodge and spend two days with *Appalachian Mountain School* staff and WMRHS staff.
- AMC and the high school collaborate to teach incoming freshmen the “Five Pillars” of the AMC leadership program and WMRHS “Image of a Graduate” soft skills.
- The AMC will pilot a program in April 2019 which is an extended learning opportunity. Students will work with AMC staff to enrich the students’ leadership, science, and writing skills.

Extended Learning Opportunities, Internships, Independent Studies, and Online Learning

- WMRHS currently is working with about 20 local businesses. Students get on-the-job training in a career he or she has shown an interest in. WMRHS is working to make these experiences competency based.
- There are currently 10 students at WMRHS working on ELOs.
- VLACS (distance learning) had 45 students enrolled semester one and now has 30 registered.
- Odyssey-ware participants reached 50 students.
- WMRHS has instituted a credit recovery program with Odyssey-ware and the Title One department.
- There is a student participating in the school’s first apprenticeship in the field of Cosmetology.
- WMRHS is part of the pilot program for GEAR UP NH’s iTutor academic assistance.
- WMRHS will roll out an SAT Prep and Algebra tutoring program later this month.
- Career Recruiting Fair – April, 2019

Summer Camp Programming

- Through district funds, registration fees, and grants SAU 36 has created a four-week summer camp program for grades 6-9. Camps will start the week of June 24th.
- In 2018, the Futures Program ran 18 individual camps, 4-5 camps per week which hosted nearly 80 campers. We hope to continue the success of this program in 2019.
- Camps include: Art, Music, Creative Writing, Welding, Culinary, Hospitality, Floral Design, Outdoor Adventure, Robotics, Rocketry, and a variety of sports.

Five Pillars of Leadership

Self-awareness
Communication
Empathy
Problem-solving
Determination

Image of a Graduate Example

Uses communication for a range of purposes to document, inform, instruct, motivate and persuade.



Freshmen Transition Program

Jacob Hess, Assistant Principal, WMRHS

Last year, a freshmen intern in the front office inquired about homecoming and getting students more involved in school activities. She described struggles she and some of her classmates were experiencing in transitioning from middle school to high school. She asked if there were any programs out there that focused on changing school culture, encouraging participation, and ultimately helping students become more successful as they moved from being eighth graders into WMRHS freshmen. From this conversation came Link Crew.

Link Crew is a freshmen transition program through The Boomerang Project. It is a research and data-based program that focuses on upperclassmen mentoring the incoming freshmen. Cooperating school districts have all reported lower failure rates for freshmen, a reduction in discipline referrals, and an overall increase in attendance rates. Qualitative data points to an increase in participation in school events and an overall more positive school culture across the board.

This is a year-long program for all involved. It begins with three faculty members from the high school going to a three-day training conference in March. The program will then be fully rolled out to students in April, with applications and recommendation being considered in May. Before the school year is out, Link Crew Leaders will be selected. These leaders, a junior and senior paired together, will undergo training over the summer. The training will focus on how to be a leader, mentor, and talk/work with your peers. As the 2019-2020 school year begins, these leaders will be matched with eight to ten incoming freshmen and they will work together throughout the year. This work consists of academic check-ins, peer-to-peer tutoring, and getting the students involved in the social activities throughout the school year.

We are very excited to roll out Link Crew to our students and begin the process of interviewing the potential leaders. Peer-to-peer work which encourages students academically and socially, that is data and research-driven, has the potential to truly help our incoming freshmen navigate the transition to the high school while impacting the overall school culture in such a positive way.

For more information regarding the Link Crew please contact Jacob Hess via email at jhess@sau36.org.





Senior Capstone Projects

Patricia Ainsworth, College and Career Pathways Coordinator

This year marks the fifth year of the Senior Seminar class and Senior Capstone Projects. Senior Capstones are designed to provide students an opportunity to delve into something they are passionate or curious about. Students further their understanding while creating a product to present to a targeted audience. This year, student projects include in-depth research on marine life, career research through an ELO internship in Information Technology, interviewing the most interesting people of Jefferson, and a benefit concert to raise awareness and money for juvenile diabetes.

Seniors begin their capstone work in the fall semester through inquiry work on three different topics they are considering for their capstone project. Through the process of developing questions, students evaluate whether or not the selected topic is appropriate for long term work. Once committed to a topic in the investigation phase and go on to draft a Capstone Project Proposal, which they submit for feedback and final approval. From the proposal process, students then seek out a mentor. These mentors are either experts in the field or someone who will guide students through the process by assisting in finding resources and managing unstructured time. Both staff and community members have the opportunity to serve as mentors. Students go to work on research to support their project, write a formal research paper, and go through the revision process prior to submitting their papers. The project work culminates in formal presentations to the community in April.

During semester one, seniors also work on college essays, cover letters, resumes, interview skills, budgeting and creating a plan for life after high school. Students are taught how to use an online platform for retrieval and submission of assignments, all the while scaffolding students to use the digital world for their life after high school. The intent of this work is to help prepare them for a formal education, or a career pathway which uses online platforms for work and collaboration.

Unlike traditional semester courses, semester two is the independent phase of Senior Seminar in which students complete work related to their capstones without regularly scheduled classes. Students are provided with a block of time to work without formal classroom instruction. This independent work time helps to further develop many of White Mountains Regional School District's Image of a Graduate tenets. Students are showcasing abilities to communicate, be responsible, work independently, be a higher order thinker, and problem solve as they complete their projects outside of a traditional classroom. Over the course of the semester, students have access to their instructor and are invited to meet one-on-one to evaluate progress and quality of work. Seniors are provided with as much support as they choose, while at the same time, releasing control and structure. This gives students an opportunity to dabble in a post high school type schedule, where a significant amount of work is done outside of the direct supervision of an instructor or employer.

Senior Capstone Projects

Patricia Ainsworth, College and Career Pathways Coordinator (Continued from page 5)

If you are interested in attending senior capstone presentations, WMRHS will host the event on April 10th and 11th. The evening begins at 6:15pm and winds down at 8:45pm. Several rooms are scheduled for students to present their projects and take questions in a 20 minute time slot. Guests can choose from a variety of topics to listen to what seniors found engaging for their projects. We welcome community members to join us for this culminating event highlighting the work our seniors have done after 12+ years of education.



Hundreds of research studies show that when parents get involved, children do better in school.
-PTO Today



LES PTO

lancasterpto@outlook.com

Meets the second
Wednesday of the moth



WES PTO

earmstrong@sau36.org

Meets the second
Thursday of the moth



WMRHS Booster Club

jlabounty@sau36.org

Meets the first Thursday
of the moth

Support Your Schools Booster Club or PTO Today!

OUR MISSION

The White Mountains Regional School District uses our collective resources to educate responsible and ethical citizens who are academically, socially, and physically prepared to meet the needs of our community in an ever-changing world.



Student Wellness Center

Sharal Plumley, Assistant Principal, WES



The Whitefield School has introduced the Student Wellness Center for the 2018-2019 school year. Different from our former Student Support Center, the Student Wellness Center encourages a proactive option for ALL students to develop the skills necessary to engage successfully in academic and social environments. The mission of the SWC is to provide, teach, and model social, emotional, and behavioral strategies and techniques that afford students the ability to self-regulate in a variety of situations and settings. The aim of our work is to produce students who are self-aware and have the necessary tools to navigate stressful situations in a healthy way.

At Whitefield School we are guided by the philosophical foundation of Dr. Ross W. Greene, Ph.D. who believes that kids do well if they can. WES has adopted this philosophy and recognizes that most undesired and unsafe behaviors result from stress that is not well-managed. Stress management challenges are usually due to the lack of knowledge or skills that allow for healthy regulation and/or due to an overwhelming volume or intensity of current stressors. Similar to the academic structure, the Student Wellness Center provides additional supports to boost individual social, emotional, and behavioral skills that aid our students in navigating strong emotions.

The Student Wellness Center, staffed by Heather Braase and Andrea Glidden, provides a safe and comfortable space for students to become READY to learn. Students are encouraged to request time in the SWC when they feel dysregulated and need time to refocus, to avoid an escalation, to cool down, or to process a difficult situation. Students struggling with focus and regulation in the classroom are offered the opportunity to visit the Wellness Center as a proactive measure. In the SWC Ms. Braase and Mrs. Glidden help each student reflect and process situations, identify their emotions, and find the most effective tools to manage their stress. Beyond the SWC, these ladies help students generalize strategies into the classroom and provide support as students exercise these techniques in the moment.

The enhancement of behavioral skill development as a tool for improving behavior is having a positive impact at Whitefield School and we have a number of individual success stories to highlight. We also recognize that there are situations when more punitive consequences must come to bear. Such consequences are applied when they will be an effective teaching tool, a deterrent to future occurrences, or when required by district policy or law, and will rarely be used as the sole response to misbehavior. At the end of the year we will conduct a formal analysis of our accumulated behavioral data and will utilize this data to guide our work for the 2019-2020 school year. In the meantime, we will continue to work through challenges as they arise, and will continue to seek professional development resources that support and strengthen our approach.





Random Acts of Kindness

Mark Pribbernow, Assistant Principal, LES

National Random Acts of Kindness Day, observed on February 17th, has grown in popularity each year. It is celebrated by individuals, groups and organizations nationwide to encourage acts of kindness. The months of January and February at LES has been dedicated to its own Random Acts of Kindness Initiative. During morning meetings and advisories the school watched several inspirational videos of school children doing kind deeds. This led to classroom discussions and numerous ideas on how LES students could brighten the lives of others.

We have seen individual students do wonderful deeds for one another. Groups of students wrote encouraging letters to peers and faculty members. Homerooms put together treats for other unsuspecting homerooms. Children recognized each others' goodwill without the need for something in return.

Along the way, LES students documented some of these acts of kindness. For each act that was noticed, a child would create a paper chain link with a written description of the act. Each link was connected to the other acts of kindness. In total, the students at LES recorded enough acts of kindness to wrap a paper linked chain around the gymnasium and then some! We celebrated this feat with the White Mountains Regional High School's boys basketball team. The young men shared testimonies on how their lives have been guided by the kindness of special people in their lives. It was a grand celebration!

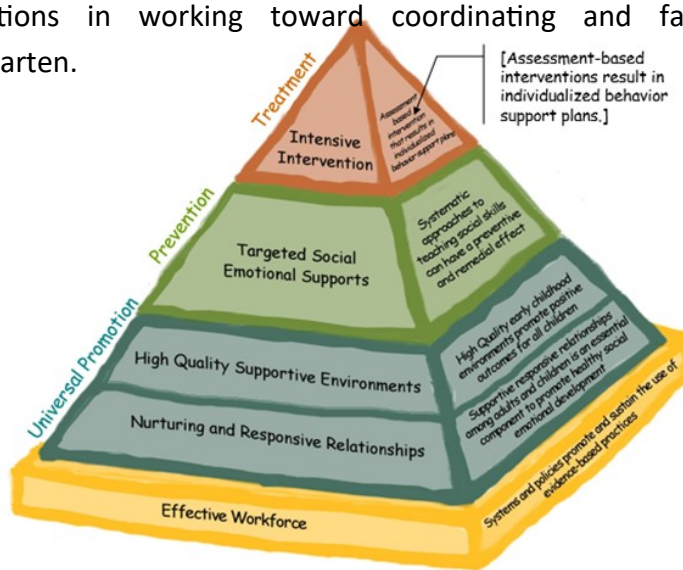
LES actively promotes being a responsible citizen within the school and in the community through our STARR (Safety, Tolerance, A team player, Respect, Responsibility) student behavior model. Ahaparenting.com has an article titled, **15 Tips to Raise a Responsible Child** which stresses, *"All children want to see themselves as responsible-powerful and able to respond to what needs to be done."* The article goes on to describe a list of age appropriate responsibilities for children, toddlers through teens. If you are not sure what responsible looks likes for your child, give the article a read. Help Lancaster School shape your child to become the responsible caring citizen our community desires.



Student Services - Meet Ann Auger, Early Childhood Education Coordinator

Brent Holt, Director of Student Services

White Mountains Regional School District would like to welcome Ann Auger, Early Childhood Education Coordinator. In this part time, grant funded position, Ann will be working within the district with programs serving children birth through age eight using the Pyramid Model as a framework. This tiered framework of universal promotion, prevention, and intervention is a model for delivering a comprehensive range of evidence-based practices, strategies, and resources to early childhood practitioners. The goal is to improve early learning, social and emotional well-being and competence for young children. Ann will be training and coaching teachers to reinforce these high-quality practices, strategies, curricula, and assessments. She will also coach the SAU 36 Coös Connects Regional Group. This group brings together public and private preschool teachers, administrators, and other partners to strengthen connections in working toward coordinating and facilitating children's smooth transition to Kindergarten.



Ann Auger, Early Childhood Education Coordinator



Ann brings a wealth of experience and knowledge from both the public and private sectors of education, as a teacher and Director. As an Early Childhood Consultant she now holds several contracts throughout the County. Ann is passionate about her work and is committed to increasing the quality of early care and education across Coös County.

Ann has been a North Country resident for 13 years. She currently resides in Berlin with her husband and two young children. Ann graduated in 2010 with a Bachelor of Science in Early Childhood Studies from Plymouth State University. She went on to graduate from Champlain College in 2016 with her Masters of Education in Early Childhood Education, and a Certificate in Administration.

WMRSD - Student and Staff Data Security and Privacy

Jeremy Noyes, Director of IT

Keeping students safe is a primary objective of a school district. Student safety goes beyond the bricks and mortar of the schools, and in today's world reaches into the depths of cyberspace. Recently, the Department of Education and the New Hampshire Legislation worked to create House Bill 1612 - Data Security and Privacy. HB1612 as we refer to it, mandates that by June 2019 School Districts must have an approved policy and plan that outlines the steps for keeping student and staff data private and secure. In particular the plan must include an inventory of approved software applications, digital tools, apps and extensions. Additionally, there needs to be a clear review process of all of these digital tools to ensure data collected does not violate laws such as the Family Educational Rights and Privacy Act (FERPA) or Children's Online Protection Privacy Act (COPPA). Districts need to have clear policies and procedures that govern access to data and ensure privacy. Districts must also have a response plan for any breach of information. Finally, there should be a requirement for service providers to meet or exceed the mandated standards for data protection and privacy.

A common question might be, what data needs to be protected? The data that needs to be protected is any data that can be used to identify a particular person. This data is called Personally Identifiable Information, commonly referred to as PII. This information includes, but is not limited to, your full name, date of birth, social security number, drivers license number, bank account numbers, and even email addresses.

The Information Technology Department for the White Mountains Regional School District, has always been strong in ensuring the safety and security of students as they integrate technology throughout the learning environment. Over the years we have invested in current technologies for protecting our network, filtering content, and having the ability to monitor and provide reports for computer activity. One of our prime focuses as an IT Department is to ensure compliance with the Children's Internet Protection Act (CIPA). HB1612 has given us the opportunity to really evaluate our security posture and look at ways we can increase our ability to protect data security and privacy. We are currently working on the development of our policy which will be presented to the School Board in March or April. Additionally, our plan will help guide us on planning, day to day operation, and situational awareness. We have already started our process of reviewing software, applications, and other digital tools by reviewing privacy and terms of use documents of the providers. A list of approved websites, software, applications, and digital tools can be found on our website www.sau36.org under Technology Service Desk and Data Security and Privacy.

In closing, all staff and students have the right to feel safe and secure while participating in online educational content. The WMRSD IT Department is dedicated to making sure student and staff data is secure and private. It is important for all individuals to understand the importance of not disclosing personally identifiable information.

Breakfast - The Most Important Meal of the Day

Andrea Roy, RN, School Nurse, WMRHS & Lisa Miller, RN, School Nurse, WES

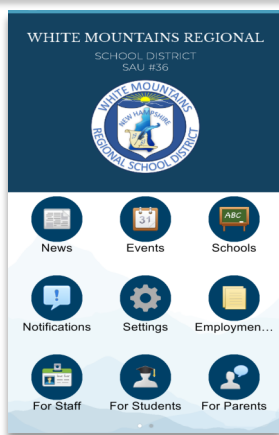
The old adage “*breakfast is the most important meal of the day*” is true, especially when it comes to school-aged children. Eating a healthy breakfast before starting the school day is linked to improved concentration, better test scores, increased energy, a higher intake of vitamins and minerals, and a healthier body weight. Breakfast is especially important for young students whose brains use up about half of the body’s energy.

Students who eat breakfast before starting their school day don’t just concentrate better, they tend to score higher on academic tests in math, reading, and science. According to a study published in the *Journal of Economics*, “*students in schools that offered breakfasts before school scored about 25 percent higher in math, reading and science tests.*” Researchers believe that this is because the breakfast provides the energy necessary to increase cognitive, or thinking, speed and problem-solving skills.

Breakfast gives the body the refueling it needs for the day after going without food for eight to ten hours during sleep. When your body goes this long without food, your blood sugar drops. When you wake up and eat breakfast, it provides the glucose your body needs for energy to get through the morning. When students wake up after an overnight fast and go to school without eating breakfast, they start the day with low blood sugar that just keeps getting lower. This can leave them feeling slow and sluggish and make it more difficult to get through the morning. Eating a healthy breakfast raises blood sugar to a healthy level and provides the necessary energy that students need to perform well in class until lunchtime. What they eat is also important. Choosing breakfast foods and snacks that are rich in whole grains, fiber and protein while low in added sugar will provide the best source of energy.

Mid morning snacks are important too! Please keep in mind that most classrooms have a scheduled snack time. It is important to be sure your child has a snack packed each day. Healthy snack ideas include fruit, veggies and dip, cheese and whole grain crackers, and water. Try to avoid sugary snacks and juices.

What can you do? It is understanding that time may be limited prior to school and morning routines are sometimes hectic. Take advantage of White Mountains Regional School District’s Breakfast Program. Breakfast is served at all three schools daily; menus can be found on our District website under the Food Services button. If you would like to apply for free or reduced meals follow the same link or contact the cafeteria at your child’s school.



Did You Know?

Did you know that you can access your child’s lunch menu on our District App? It is as simple as clicking on the For Parents button on the bottom right hand side and click on the Food Service menu option. Select your child’s school to download the monthly menu.

Don’t forget you now have the ability to pay for school breakfast and lunch online! Monitor your child’s meal account balance and receive low-balance email alerts through EZSchoolPay.com. The online payment option is a quick and secure way to deposit money to your child’s meal account by using a debit or credit card.

Engage with your school community.

Enrich the lives of your children by staying informed.

Explore what SAU 36 has to offer.

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Connected



New SAU 36 Website Launched June 1, 2018



New SAU 36 App Launched September 13, 2018

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