

January 14, 2022

Dear SAU 90 Staff and Families,

Last night at the budget committee, the town reviewed our proposed 2022-2023 budget along with all other warrant articles that will be presented to the voters on March 8 at Winnacunnet High School. Overall, our budget is up .80% which represents a less than 1% increase. [Included](#) is an overview of our warrant articles and the estimated tax impact. Please know that the leadership team and board take our fiscal responsibilities very seriously and worked hard to create a fair budget while focusing on our quality schools. On Monday, February 7 at 7:00 PM, the school will hold a deliberative session at Hampton Academy where there will be an opportunity for discussion from the general public.

This week, you received a letter updating all staff and families on our new isolation and quarantine guidelines as they pertain to COVID-19. First Student has had a number of students board buses without masks. Under the current CDC/DHHS guidelines, all students must have a mask to board the bus. When students arrive for pick-up unmasked, it slows down the process and delays the process. Given the extreme temperatures and challenges that this creates, we ask that everyone please do their part to ensure that students arrive at their bus stops with their masks. Thank you for your attention to this safety matter.

Girls on the Run (GOTR) is getting ready to launch their spring training at Marston School for their 5K held in June. If you are interested in coaching, we strongly encourage your involvement. Coaching a Girls on the Run team is one of the most rewarding ways to get involved with the program! A GOTR coach is a volunteer position that facilitates and supports the GOTR curriculum (open to girls in grades 3-5). The position requires approximately 2-4 hours per week for 8 weeks with the additional commitment of a one-time new coach training (most of the training will be done online, self-paced). Coaches do not need to be runners. They must be willing to lead with an open heart and assume positive intent. Team meeting days will be determined by the group of coaches. The spring season will begin the week of April 4 and run through the 5K event on June 11. In anticipation of possible continued COVID related safety guidance, GOTR program delivery has been modified to accommodate a variety of scenarios. We know from our experience during the Fall 2021 season that the modifications create a safe, flexible, and accessible team environment. If you are interested in learning more, please contact Betsy Cissel, betsy.cissel@girlsontherun.org.

As many of you know, the Town of Hampton is currently updating its Master Plan, a long-range planning document that guides future growth, development, conservation, and infrastructure investment over the years to come. As part of the outreach phase of this project, the Town is coordinating a virtual community conversation series to discuss issues, opportunities, challenges, and ideas for the future of Hampton. This series will build off other public outreach completed for this project, and begin looking forward to brainstorming action-oriented solutions, improvements, and projects. There will be five online sessions that each focus on a different topic related to the future of Hampton. These include:

- Open Space, Natural Resources, and Conservation - January 31, 2022 - 6 PM
- Economic Development - February 3, 2022 - 6 PM
- Transportation and Circulation - February 8, 2022 - 6 PM
- Housing - February 10, 2022 - 6 PM
- Town Facilities and Services - February 24, 2022 - 3 PM

While the series is open to all community members in Hampton, having Town Staff represented in the conversations would be valuable, especially for the Town Facilities and Services event. Registration is required and materials will be sent to you prior to the session. [Please register here](#) if you're interested!

The positivity rates in our Rockingham County, the Seacoast, and our state are starting to level off. As I write, there are 14 new cases at Centre School, 11 new cases at Marston School, and 27 new cases at Hampton Academy since last week. According to the CDC (Center of Disease Control) New Hampshire's COVID-19 case rate continues to be very high. Please be sure to stay home if you are sick and to get tested. Our district continues to offer asymptomatic testing for all students and staff through Convenient MD. More information including the Consent Form can be found [here](#). Due to the number of participants, consent forms must be filled out at least 24 hours in advance. Once a consent form is on file, you are all set for successive testing. January 27 is the date of our next testing at Hampton Academy's Cafeteria beginning at 3:00 PM.

We are pleased to offer our parents/caregivers access to a free Parenting Group offered through Seacoast Mental Health. This support is for parents who have children ages 6-12 that struggle with behaviors associated with attachment disorders, ADHD, opposition or defiance, or struggle with listening to rules at home. This Parenting Group utilizes an evidence-based practice which has been proven to decrease the frequency and severity of negative behaviors in children. It will focus on exploring commonly used parenting techniques in a way which more effectively responds to problem behaviors. A focus of the group is to improve the quality of attention we are sharing with our children to encourage more positive behaviors. The group will meet virtually via Zoom on Tuesdays from 5-7:00 PM for 4 weeks. The group is parent/caregivers only. Please email District Social Worker Emily Fixler, if you want to learn more about this group: efixler@sau90.org

I apologize for the length of our newsletter this week, but as you can see there is much to share about our town, district, and programs. Enjoy the long weekend ahead...

In the words of Dr. Martin Luther King, Jr...
The time is always right to do what is right,

Dr. Lois B. Costa
Superintendent of SAU 90