



WMRSD Leaders and Learners – Your Community Connection White Mountains Regional School District

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At Whitefield Elementary School

At the beginning of the school year, WES staff develops personal wellness plans to stay physically and emotionally healthy throughout the school year. Readiness as adults is a significant factor in student success. If adults are not at 100%, they are not as available to support the needs of students. Everyone is susceptible to physical and emotional challenges that sap energy, focus, and motivation. Some of these are predictable, while some are surprises. The personal wellness plan provides an opportunity to reflect on what stressors or challenges may be faced. Everyone reacts uniquely to stress and knowing how we react can help to cope. The plan also identifies what effective strategies are already in place to employ when stress mounts. Perhaps it's going for a walk, using mindful techniques, talking to a trusted partner or friend, or engaging in a favorite activity. The plan helps to identify goals for the development of new strategies, when the existing fail. The plan is private, but research shows that when this type of plan is shared with another person, it's more likely to be implemented.

Recently, WES has been sharing the idea with students and families. The youngest students are able to talk about what makes them sad, angry, or scared and how they react to those powerful emotions. They can also identify what things make them feel better or safer. A plan for an early elementary student can be a fun book of drawings made with a parent, while a middle schooler's plan can be more like what adults might generate. A Google search will lead to a host of templates. The world is becoming more and more complex every day. A personal wellness plan won't solve life's ills, but it provides a personalized guide when the going gets rough.

At White Mountains Regional High School

On Tuesday March 10th, Culinary Arts students from WMRHS participated in the 2020 NH Pro Start Culinary Invitational. The Spartan Culinary Team entered the arena as the defending state champs. The Spartans worked tirelessly practicing, training, and refining their dishes almost daily, including Presidents week, since New Year's. The Spartans came in third place this year, being bested by first place winner Kennett High School and runner-up Pinkerton Academy. With four member departures due to graduation, the team only had one returning member from last year - Team Captain Erin Johnston. Erin did a phenomenal job inspiring, leading, and preparing her teammates. The Spartan team was rounded out with Juniors Devin Hartshorn and Isaac Fuller and Sophomore Michael Champagne.

As in years past, the Spartan Culinary team paid homage to the flavors and flare of authentic New England mountain cuisine and ingredients in its menus. The menu consisted of the following courses: appetizer - Crispy Maple Scented Goat Cheese Cakes, "Harvard Style" Golden Beets, Maple Dressed Petit Beet Greens, and a dusting of Fennel Pollen. The maple syrup and honey used in this course was produced by students from our own agriculture and STEAM program! The entree was a Roulade of Rabbit with a Dijon Pan Sauce, Rissole Potatoes, Peas, and Carrots. The dessert course was a White Chocolate Bavarian Cream, Carbonated White Chocolate "Snow", Beaujolais Strawberry Sauce, and a curl of Ruby



Chocolate. The Spartan Culinary Team wishes to thank all of their supporters, fellow students, teachers, administrators, and community members for their continued support.

From the Central Office

Early release days provide teachers time to collaborate in order to improve the students' educations. During the most recent early release on March 11th, art, music, physical education, and library media teachers from both K-8 schools got together to work on the curriculum to ensure students continue to benefit from these specialized and critical programs. Music, art, physical education, and library media (known as the "Unified Arts") are essential to the education of the whole student. The ongoing work involves taking the program documents and plans from the past and looking for any adjustments that may be needed based on changes at the state and national levels and, just as importantly, at the local level. These dedicated teachers will meet again on the March 27th staff development day to continue finding ways to organize these programs. This work by the Unified Arts teachers is part of the larger and ongoing curriculum development of SAU 36 to examine both the content and practices of Pre-K to Grade 12 programs to ensure alignment of the curriculum both vertically and horizontally. These areas are critical in the mission of producing "responsible and ethical citizens who are academically, socially, and physically prepared to meet the needs of our community in an ever-changing world."