



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, Whitefield School spends some time teaching, practicing and reinforcing Common Routines. There are number of things that all of our students do throughout the course of the day that are the same regardless of age or grade. Some examples include: getting their lunch, sitting with a group and eating, walking in the hallways, entering and exiting the building in the morning and afternoon, and emergency procedures. We have identified the steps and behaviors needed to navigate these Common Routines safely and successfully. We have also articulated the rationales for why these skills and behaviors are important for life outside of WES. To many of us adults these routines are common sense, but we all needed to be taught and receive feedback on how to follow them at one time. Right now we are concentrating on hallway, cafeteria, recess, and campus Common Routines. As an example, we have described the rationale for the cafeteria Routine as developing the skills to enjoy a meal with others as a guest or at a restaurant. In terms of instruction, you will hear many of us reinforce, and in some cases reteach, safe behavior when arriving and departing school by using sidewalks and crosswalks, stopping and looking before crossing the road, using the stairs, passing or holding the door. These all help prepare our students to make their way safely and politely throughout any community. Reminders about "hats and hoods" for our young men as they enter the building is a morning staple. Adult modeling of the Common Routines is a powerful teacher so you're playing a role in this learning process as well.

At Lancaster Elementary School

The inside operations of the LES Wellness Center – From Tayla Cummings

The Wellness Center is a place where students learn the social and emotional tools they can use to be successful in and out of the classroom. In this space, students will have access to academic, social, and emotional support. There is no punishment here; there is positive redirection and communication.

The majority of us define wellness as being in an active state of bettering one's own physical, mental, and emotional health. For many students, wellness is an ongoing struggle. It tends to change depending on their current home or school lives.

This is a place designed for students to feel like they can come to talk about the rough day they are having or if they just need a place to take a mental break. We are here to help students understand how they are feeling, with the goal of preventing behavioral issues before they happen instead of reacting after the fact.

Students can choose several activities per visit. Some are designed to relax while others allow them to release pent up energy. It is also used as a place for students who need a quiet place to read, write, or finish an essay.



Before and after every visit the staff help the students understand their emotions through conversation and processing sheets. By the end of the students' visits, almost all of the students reported a more positive emotion, which in turn leads to more success in the classroom.

At White Mountains Regional High School

WMRHS Attends AMC Freshman Overnight Orientation

The Class of 2023 attended its annual 9th grade orientation at the Appalachian Mountain Club in Pinkham Notch. This is the 11th year WMRHS has incorporated this event into its high school transition program. This year over 60 students and 10 faculty members attended the event. The 9th grade transition team and Link Crew leaders chaperoned at the Joe Dodge Lodge. It was great to see the teachers and students build relationships on the hiking trails and in the dining room.

The students and staff were divided into groups and explored the outdoors as they learned about the AMC 5 pillars: Self-Awareness, Communication, Empathy, Problem-Solving, and Determination. The overarching goal of the two day event was to bring Pirates and Lancers together and leave as "Spartans".

Alice Puccio, AMC Lead Education Coordinator said, "I received very positive feedback about the WMRHS group coming from our housekeeping and 'A Mountain Classroom' staff. We don't always get such rave reviews from our school groups, so thank you so much!" As the lead teacher, who also organized the program, I really appreciated the efforts of the Class of 2023. The students collaborated, worked hard through a 14 hour day, and seemed to bond as a class. It was Sparta at its best.