



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

Issue 11 – November 17, 2019

At Whitefield Elementary School

The first quarter flew by at WES and the next month will be gone before you know it. You should have received your child's report card on Friday the 15th. If you didn't, please check in with your student first as the document sometimes gets "lost" in the backpack. We also sent some reminders about on-time arrival at school each morning. It's important for students to arrive on time each morning for attendance, lunch counts, and to take part in their morning advisory. Mornings are tough for many of us and if you are having trouble, don't hesitate to reach out to your child's classroom teacher, Mr. Cronin, Mrs. Plumley, or Mrs. Gross. The habits we help instill today become the characteristics that employers are looking for in employees tomorrow.

Upcoming events of note: on Friday, November 22nd, the WES PTO will be hosting Turkey BINGO from 5:30 pm to 9:00 pm. This is a fun evening with some very cool turkey dinner baskets going to the game winners. There will be concessions available and again this year, Mrs. Mooney and friends will be offering childcare. Please reach out to the school office (837-3088) before Friday evening to reserve a spot for your child. We hope to see you there! Looking further ahead, we have our two holiday music concerts scheduled for December 17th (PK-G2) and 19th (G3-G5) at 6:00 pm. The district Chorus Concert, which will include the Junior, Senior, and HS choruses, will be hosted at WES this year on January 16th at 6:00 pm. Happy Thanksgiving to all!

At Lancaster Elementary School

Did you know Lancaster School's middle school students (and Whitefield's too) have a chance to join the Nordic team? The combined middle school team trains on the high school's trails December through March. We actively recruit young students to maintain the high school teams. Consider some of the health benefits of skiing. It is aerobically challenging; skiing uphill elevates the heart rate and engages all of your muscles while doubling poling across the fields. Nordic skiing is low impact so fewer injuries! The other, most often overlooked benefit of Nordic skiing, is the social-emotional piece. Athletes often comment on how their moods are better, they sleep more soundly, and feel less stressed.

It is not unusual to see parents line the trail at a ski meet, ringing that cowbell, shouting "UP, UP, UP!" as EVERY athlete swooshes by them. Competitors fist bump each other in the finish corral knowing they had "left it all out on the trail."

We need you! We train 5 days a week, practice is over by 5:00 pm and we return home from meets by 6:30 pm.

Steven Wright said "Cross country skiing is great...if you live in a small country" OR if you live in the WMRSD - SO if you are looking for a winter sport outside of a dusty gymnasium, with no plays or signals to memorize and where NOBODY sits the bench, contact me at krenaud@sau36.org. Signups are happening now!

System of Care Office

The System of Care Office continues to support good works in the larger SAU 36 community. All schools are now utilizing a **multi-tiered system of support** framework for behavioral health (MTSS-B). This framework looks at behavioral health from a prevention and universal lens for all students, targeted lens for those needing greater behavioral health support, and from an intensive lens, which often includes partnership with our community stakeholders for



wraparound and other individualized services and supports. Given this framework, we are dedicated to providing supports to all of our staff and equally equip them with both the knowledge and tools to better support a changing lens of student needs. Our 2019-20 opening professional development days were met with social emotional learning (SEL) expert, Michael Anderson and the dissemination of his book to all classroom teachers, *"What We Say and How We Say it Matter"*. Lancaster and Whitefield elementary schools continue to be coached by SEL experts from Mindful Practices, and all staff in those buildings were provided the *"Everyday SEL"* book as another tool to support this important work. Wellness centers and proactive responses to behavior while supporting student and staff wellness are now replacing more punitive responses to behavior and discipline. A group of SAU 36 staff recently attended a Conscious Discipline training; an approach that shifts from a traditional compliance model of discipline (relying on lower brain approaches of threat and force), to a relationship based community model that relies on higher-order thinking. This model will continue to be explored throughout the 2019-20 school year.