



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

Issue 5 – October 18, 2020

At Whitefield Elementary School

Whitefield School is fortunate to have Matt McBride joining as their Physical Education teacher this year. Matt comes to WES with a Master of Science degree and a number of years of experience in outdoor recreation and administration. He was their middle school boys' basketball coach during the 17-18 and 18-19 seasons. Like recess, physical education is an extremely important aspect of the school day, but it looks different during a COVID mitigated school year. COVID has created some limits to physical education, including the loss of gym space to storage, but that has not put a damper on what Matt has offered students.

So far, students have participated in many different forms of exercise including yoga, strength training, hiking, and agility/conditioning drills. More of the campus spaces have been used which means that students are often transitioning to and from some of the more "remote" spaces. Along the way, they are increasing their endurance while engaging in creative and imaginative movement. Matt's goal is to make fitness fun and expose students to as many forms of exercise as possible so they can find fitness they enjoy to incorporate into their daily routines. Exercise is an important self-care tool and Matt is excited to build a culture of fitness within the Whitefield School student body. Matt loves to take students outside as much as possible to enjoy the beautiful area that we call home.

As winter approaches, WES is exploring both the use of the outdoor campus opportunities and moving the storage in the gym to make sure that the PE program continues to be a strong presence for students. With such a variety of outdoor terrain on campus, students can explore lifelong recreational opportunities like snowshoeing, Nordic skiing, and even integrating some life science with tracking. As with many of the COVID responses, challenges are turning into opportunities.

At Lancaster Elementary School

LES kindergarten has been off to a fabulous start! They have a phenomenal group of kids who are doing wonderful things. Some of the kindergarteners' favorite things to do include hands on, fun, creative, and collaborative learning projects. This year, their first science unit involved learning about animals that can be found in the woods. They learned about how the animals move and what they do to find food. They learned that just like people, animals need food to survive. After learning about quail (grouse in northern NH), raccoons, and woodpeckers, they acted them out and learned about what they do to eat their food. Continuing the lesson, the kindergarten class then constructed bird feeders! They will observe the feeders throughout the upcoming weeks to see what visits for a little snack. Some of the materials used to construct the feeders included peanut butter and quail food. Quail and grouse are closely related and eat the same foods. The class is excited to find out if their feeders will attract any other birds as well! Kindergarteners had a lot of fun with this activity and are looking forward to more hands on science activities.

At White Mountains Regional High School



Each year, the United States observes National Hispanic Heritage Month from September 15 to October 15 by celebrating the histories, cultures, and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America.

This year, WMRHS advanced Spanish classes (levels 3, 4, and AP Spanish Language and Culture) celebrated Hispanic culture and its contribution to society by recognizing and exploring cultural elements in art created by Afro-Latinos, artists of African descent with roots in Latin America.

Students were first introduced to a variety of stories told by Afro-Latinos living in the United States in order to provide them with a better understanding of some challenges they encounter on a daily basis. Afterward, all three Spanish upper-level classes participated in a unique outdoor gallery walk prepared by Ms. Zemla, Art Integrationist, giving them the opportunity to explore and reflect on several modern art pieces created by artists of Dominican descent. They were then encouraged to create their own art and present it in order to capture, showcase, and embrace Afro-Latino heritage and contribution within Hispanic world. The final piece of this project, stickers with selected student creations and with QR codes to see all student work, are currently being printed, creating a “traveling exhibit” of students’ creations, which will allow for sharing them with other Northern New Hampshire community members and beyond, in hopes to recognize Afro-Latinos in our society, as well as inspire everyone. Stickers will be available soon!

