



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

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At Lancaster Elementary School

The Third Grade LES classes are finishing up their last writing assignment. Students have chosen out of four preselected prompts to write their opinions on. The prompts consist of:

1. Is summer the best season?
2. Are dogs or cats better pets?
3. Should YouTube be for kids?
4. Should schools remove their summer vacation?

This writing unit focuses on the students stating their opinions and explaining three reasons to support their opinion. Once students have completed their opinion writing pieces, the third grade will host a small classroom writing celebration. This is where the students can read aloud their opinions to the class.

At the conclusion of the third-grade opinion writing unit, students will start exploring Lancaster history. This year, students will be creating mini murals in collaboration with the mural project happening on the backside of the Lancaster Motel. At the end of our Lancaster history unit, there will be a walking field trip to see all of the landmarks around the town.

In science, the students have been exploring how animals and their environments change throughout time. Students started by examining fossils, and what past habitats could have been like. By studying these attributes, the students are able to tell how animal traits were inherited and how the habitats have changed over time.

Most recently, the third graders conducted an outdoor experiment: “Can You Outrun a Dinosaur?” In this experiment, the students explored how dinosaur footprints revealed how fast they could run. In this activity, the students ran and calculated whether or not they could outrun a dinosaur!

At White Mountains Regional High School

Last spring, National Alliance on Mental Illness (NAMI) Youth Leader Connect training brought together members of the Spartan community to promote and grow mental health supports at the high school. The small but dedicated group has been busily working to do just that this year!

Senior Olivia Shallow created a short film that was shared with faculty last month during professional development. Olivia gathered student voices by asking; “What do you wish adults knew about young adults’ mental health?” and “What’s one thing adults can do to help youth with mental health?” The result was informative and well received.



Additionally, members collaborate to offer weekly tips in announcements giving simple ideas one can do to work towards supporting optimal mental health. Ideas including: reframing stress, developing routine, and recognizing ruts all have been highlighted.

In February the group collaborated with Response, domestic and sexual violence support center, to host a lunch & learn conversation focusing on healthy relationships of all types.

This Wednesday, April 13th, at 6pm you can find NAMI Youth Leaders and advisor WMRHS SAP Kate Mc Kinnon at the Rialto Theater for a free screening of 'Angst' followed by a panel discussion with local experts. Nearly 1 in 3 people ages 13 to 18 will experience an anxiety disorder (nih.org). NAMI Youth Leaders, along with event sponsors SAU 36 and The Family Resource Center of Gorham, invite everyone to come to the viewing and join the discussion following. This community event is free and open to all!