



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

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At Whitefield Elementary School

WES has the wonderful opportunity to be able to participate in the Girls on the Run Program. Girls on the Run is an eight week after school program for 3rd-5th grade girls. They have 26 girls participating in the program this spring. Each practice includes a mini lesson about a specific theme each week, a warm up, workout, and closing circle. All aspects of each practice focus on the theme of the week and allow the girls to think, practice, and act on the theme with the hope that they are able to continue to do so in their daily lives. The girls set running goals for each practice, which help prepare them for the final event.

The goal throughout the season is to develop and improve physical, social and emotional **competence**, confidence in who they are, develop strength of **character**, respond to others and themselves with **care** and **compassion**, create positive **connections** with peers and adults, and make meaningful contributions to their community. Girls on the Run inspires girls to be joyful, healthy, and confident.

They will celebrate their accomplishments at the end of the Girls on the Run season with a celebratory 5K event. Completing the 5K gives the girls a tangible understanding of the confidence that comes through accomplishment and a framework for setting and achieving life goals. Crossing the finish line is a defining moment when the girls realize that even the seemingly impossible IS possible.

At Lancaster Elementary School

Preschool age children are very curious and inquisitive and need to use all of their senses to understand the natural world around them. They are especially interested in animals and plants and even though plants do not interact with children as an animal could, children can observe the effects of their actions on their plants.



Preschool students at LES have been studying and starting seeds. Some of those seeds were wide and flat and came from the pumpkins they carved last fall. Other seeds were small and rounded and came from different types of beans. Students were able to observe the transformation that took place from seed to plant, step by step. The first step was counting five seeds and placing them in a wet paper towel inside a plastic bag. After a couple of days, students were able to see how roots shot out and seeds became softer and bigger. Once their seeds started, they placed them in small containers. Day by day, students took care of their seedlings and observed the changes. They noticed that leaves on different types of plants have different sizes and textures and learned about what plants needed to grow. Observing how the natural world works is essential for children to understand the world around them. Preschoolers at LES enjoyed the process of watching seeds become plants!



At White Mountains Regional High School

On April 13th, Canaan VT Building & Trades and WMRHS Environmental & Sustainable Science Career & Technical Education (CTE) & Sustainability group students came together at a Canaan home renovation job site to perform a building energy assessment. Canaan students were able to more deeply understand the “why” to the renovation work they were completing and WMRHS students were able to apply their learning of energy efficiency work. Staff from Lakes Region Community College & NHEEP/VEEP (NH/VT Energy Education Programs) helped to facilitate the applied learning experience for the students. The day began by the Canaan students reviewing the work that had been completed inside the building - removal of old radiators, installation of cellulose insulation, and general demolition and rebuild of walls, decks, electrical, etc. Next, the students split into groups to explore various stations. Station one was a model stack-o-later to simulate the stack effect of a poorly sealed home & associated air movement through the home. Station two was to explore the home using infrared thermal cameras to identify areas of poor insulation and air sealing. Station 3 was the set-up of a blower door to measure air leakage, which students also investigated by finding air leaks and using thermal cameras. The day ended with commingled student groups modeling why this weatherization work matters and relates to their lives/the global population. This work was part of a weatherization pilot program which has been kicked off in the north county, generously funded by the Neil and Louise Tillotson Fund.

