



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

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At Lancaster Elementary School

This spring, girls at the Lancaster School have been given the opportunity to participate in a wonderful program called Girls on the Run. This national program is an evidence-based, physical activity program for girls in grades 3-5. Under the Girls on the Run umbrella is another program for girls in grades 6-8 called Heart & Sole. Both Girls on the Run and Heart & Sole are run by trained coaches who follow a special curriculum that targets social/ emotional development. The specific social / emotional skills and strategies that girls learn throughout the 10 week curriculum are how to manage emotions, help others, make intentional decisions, and resolve conflict. Additionally, girls are inspired to make a meaningful contribution to society through the development of a community impact project. The program ends with a celebratory, non-competitive 5K in Concord, NH on June 3rd. This year, the Lancaster School has been able to offer sign ups for both Girls on the Run as well as Heart & Sole. Both teams meet twice a week on Mondays and Wednesdays from 2:45-4:15. Each practice incorporates team building, social / emotional skill development and time to train for the 5K that takes place in June. Three laps around the Lancaster School is a mile, so we have the perfect space to prepare! The overall goal of both programs is to inspire girls of all abilities to recognize and embrace their inner strength while building physical strength as well. The program is off to a great start and will only grow in the future.

At White Mountains Regional High School

One of the most exciting signs of spring coming to the North Country is the sight of steam from the roofs of local sugar shacks, including White Mountain Regional High Schools' sugaring operation. Currently, WMRHS offers a maple sugaring elective class for high school students and a middle school elective for students at both elementary schools. In recent years, the sugar house has been outfitted with a new oil-fired evaporator and a new bottling operation to be more sanitary and efficient. These upgrades have been made possible by reinvesting money raised from the sale of products.



The maple sugaring class is taught by WMRHS alumni Dana Graham ('92). The maple sugaring class begins in January, and students learn about the history of the maple syrup industry and the related career fields. Students also start working in the sugar bush to repair sap lines, begin preparing the sugar bush for the sap run, and learn about potential careers. Once the sap begins to flow, students learn about boiling down sap to convert it to maple syrup. Students also learn about various business models and cost analyses associated with operating in the maple industry. At the end of the sugaring class, students clean the equipment and learn more about the value-added products that can be made with maple syrup.

The program recently participated in the NH maple weekend, where many students provided tours to about 50 community members. It was an excellent opportunity for students to showcase their learning and provide a North Country experience to the community.