

September 23, 2022

Good Afternoon SAU 90 Families and Staff,

We hope you are having a fantastic week! Students continue to settle into their new routines, as we build communities of learners that focus on safety, respect, responsibility, and cooperation. We hope that you were able to attend the Curriculum Night/Open House at our schools. This is just the first step in building a relationship with your child's teacher(s) and ensuring the lines of communication are open. We pride ourselves on partnering with our families so that our students can grow and flourish. Thank you for being a valued member of our school community. We appreciate you!

There were many important forms that were sent out at the beginning of the school year. We kindly ask that you complete all of these important documents that confirm we have the correct information on file. We also ask that everyone complete a free and reduced lunch form. This will guarantee that all students and families are getting the support that they need while also keeping our records up to date. [Here is the link for the form.](#)

This past Wednesday, staff participated in state-mandated training on Signs of Suicide. This is the second leading cause of death in children ages 10 through 24. The Connor's Climb Foundation, based out of Exeter, is dedicated to providing suicide prevention education to New Hampshire youth and communities. The purpose of this training is to raise awareness, reduce the stigma around mental health, and equip youth, educators, and communities with tools and resources focused on the vulnerable age group of 10-24-year olds. Suicide is preventable. Together, we can ensure that our children do not reach the point of crisis. Instead, we will know the warning signs of suicide, and they will know what to do when they see the signs in themselves or someone else. We are grateful for your partnership in this endeavor. To that end, we will be hosting a parent information night on October 20<sup>th</sup> at 7:00 PM in the Hampton Academy Auditorium. [Please see the attached flyer for more information.](#)

This coming Tuesday night, we will host a [Safety Forum](#) at 6:00 PM at Hampton Academy Auditorium. The purpose of this evening is for all stakeholders to come together to have a conversation about safety measures the schools are taking to address the physical and emotional safety of our students. Hampton officials have been invited along with members of SAU 21 and Sacred Heart. We hope you will be able to join us for this important conversation and event.

Our schools continue to be a great place to grow and learn! At this time, we are hiring guest teachers, para educator substitutes, and nurse substitutes. If you are interested in assisting our district during staff absences, we encourage you to fill out an application which can be accessed [here](#).

This week you received a letter from our School Social Worker, Emily Fixler. She is in the process of organizing our 68 Hours of Hunger program. If you are interested in learning more about this program or signing up, please contact Emily Fixler at 603-858-9810 or [efixler@sau90.org](mailto:efixler@sau90.org)

Thank you to everyone who participated in the Super Evan Day /Soccer event at Winnacunnet High School today! Next Friday, is the [4<sup>th</sup> Annual Light Up the Night](#) to end childhood cancer from 6-10 PM. All profits will be donated to the Cure Starts Now and a town memorial for our local Superhero Evan Austin.

Wishing you a great weekend ahead!

In partnership,  
Dr. Lois B. Costa  
Superintendent of SAU 90