

May 12, 2023

Dear SAU 90 Staff and Families,

Wednesday, May 10, is National School Nurse Day. Our school nurses support student and staff health every day. This week, we took time to celebrate and honor the contributions our school nurses and the rest of our staff make daily by providing bagels and toppings. This is our way of thanking everyone for their support and dedication. Mrs. Pietras, Mrs. Connolly, Mrs. Keyser, Ms. Davey-Verity, and Mrs. Levesque are essential to our daily work, ensuring the health and well-being of our school community. We are extremely grateful and appreciative of all their loving care each and every day!

Last night, in collaboration with Seacoast Mental Health and SAU 21, we came together to view *Anxious Nation*, a documentary exploring anxiety, children, and their families. This insightful film captures the many faces and facets of anxiety. Specifically, it takes an in-depth look at the anxiety and mental health crisis in America, especially its impact on children ages 10-26 and their families. Included are how anxiety shows up, the nature/nurture debate, what is happening in homes and societies that contributes to the problem, the crisis on college campuses, and the impact in lower socioeconomic communities. There is a discussion on stigma, loneliness, isolation, disconnection, the alarming rise of suicide, the dangers of social media, overmedication, incorrect diagnoses, and the horrific mental health ramifications of the COVID-19 pandemic. If you missed last night's presentation, you might be interested in attending the showing at the Exeter Library next Wednesday night, with dinner served beforehand and the documentary beginning at 5:30 PM. For more information, please visit <https://anxiousnation.com>

At this time of year, students in grades three through eight participate in the New Hampshire Statewide Assessment System, also known as NH SAS. These assessments are comprised of English Languages Arts, including reading and writing components, mathematics, and science in grades 5 and 8. These tests are based on the academic standards set by the New Hampshire State Board of Education and the Hampton School District. This is just one way our district measures student learning. Additionally, students in grades two through eight will also participate in STAR assessments. This test is administered in the fall, winter, and spring. It is used to monitor student progress and ensure academic growth over the course of the school year. Our greatest desire is to work with all students and families on student success. If you have any questions about your child's progress or academic program, please be sure to reach out to us.

Currently, students participate in many extension activities as part of our curriculum. We are excited to be able to offer several field trips to our students. Centre School students visited the Lane Library this week and participated in Art Club and After School Sports. Marston School students continue to participate in Jump Rope Club and Nature Club. Eighth graders at Hampton Academy ventured off to the nation's capital, Washington DC, where they visited many museums, toured the Capitol and White House, visited Arlington National Cemetery, and cruised the Potomac.

There has been much conversation and debate regarding the proposed changes to the ED 306 Standards for Education around the state. On Monday evening and in collaboration with SAU

21, we will host a listening session with Fredrick Bramante, Former Chair of the State Board of Education, who has been tasked with updating this document. We hope you will be able to join us as we provide our feedback on the document, which will directly impact our schools and students. For more information, please see the attached document sent out last week.

Next Wednesday is our final gathering with NH Listens. Join us as we have a conversation with our neighbors and school community about ways to foster a healthy culture of belonging where everyone can grow and thrive. Next week, beginning at 6:30 PM in the Community Room at Hampton Academy, we will discuss gender and sexuality. We hope you will join us.

Finally, we are pleased to share the Hampton Beach Comic Book and Toy Show offered at Winnacunnet High School on June 3rd. For more information, please see the attached flyer. Wishing you a sunny Mother's Day weekend ahead!

Warmly,

Dr. Lois B. Costa
Superintendent of SAU 90

Shark News: [Shark News 05.12.2023](#)
[Flyer NH Listens](#)
[Flyer ED 306's](#)
[Flyer Comic Book and Toy Show](#)