



# School Administrative Unit 21

February 5, 2021

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603-926-8992  
sau21.org

Dear SAU 21 Families and Community,

As we approach the February break for our schools, we are consulting the NH DHHS guidance for organizations and employers to determine if our employees and students will need to quarantine due to travel outside of New England. If you plan to travel, please read the following information carefully, refer to the linked document, and consult with your building Principal and School Nurse to determine if your child will need to quarantine as a result of travel.

## [NH DHHS Travel Guidance – Issued January 11, 2021](#)

New Hampshire residents need to self-quarantine for 10 days following the last date of any high risk travel, which includes travel internationally (including to/from Canada); on a cruise ship; or domestically outside of the New England states of Maine, Vermont, Massachusetts, Connecticut, or Rhode Island for nonessential purposes.

*Caroline P. Arakelian, Ph.D.*  
Interim Superintendent of  
Schools

*David T. Hobbs, Ed.D.*  
Assistant Superintendent for  
Curriculum, Instruction and  
Assessment

*Matthew C. Ferreira, M.S.Ed.*  
Business Administrator

*Serving the communities of:*

*Hampton Falls*

*North Hampton*

*Seabrook*

*South Hampton*

*Winnacunnet High School*

## Quarantine Exceptions for Travel

The following people do NOT need to quarantine after high-risk travel:

1. Persons who are 14 days beyond the second dose of their COVID-19 vaccine (i.e., 14 days after full vaccination).
2. Persons who are within 90 days of a prior SARS-CoV-2 infection that was diagnosed by PCR or antigen testing (if a person had a previous infection that was more than 90 days prior, then they are still subject to travel quarantine).

Additionally, individuals do not need to quarantine if the travel is deemed “essential”. Essential travel may include parental shared custody and for students and their parents or guardians who are visiting institutions of higher learning or preparatory high schools as potential future students.

These exceptions cannot be applied for leisure travel. In addition, students and staff who have had a known or potential exposure to COVID-19 will still be excluded for ten days from school. NH DPHS and CDC continue to discourage any non-essential travel, even for people fully vaccinated or previously infected because protection is not 100%, durability of immunity is still unknown, and there are new circulating strains of SARS-CoV-2 in other states and countries that are being investigated.

Thank you for your support by continuing to follow the instructions you receive from the online screening every school day. Practicing regular hand hygiene, social distancing, wearing masks, and staying home when exhibiting symptoms are crucial to sustaining our in-person models. We thank you for partnering with us to promote a healthy community. As always, please feel free to reach out to me, your building Principal, or School Nurse if you have any questions regarding exclusions from school due to travel or exposure.

Sincerely,

Caroline Arakelian  
Interim Superintendent of Schools  
[carakelian@sau21.org](mailto:carakelian@sau21.org)

## School Spotlight: Remote Transition Process / Tri 3

Parents, you will receive a separate letter with more information but we felt it pertinent to put it here as well:

Part of our commitment to you has been to assess and evolve our instructional models as safety, staffing, and space permit. In anticipation of Trimester 3, which begins for our K-8 students on Monday, March 22, 2021, we will begin looking at both remote and in-person enrollment throughout all of our districts to ensure the most robust programming possible. Specifically, we will be looking at the number of students returning from the Remote Learning Academy (RLA) and other Virtual Learning structures with an eye for capacity and staffing.

If you intend to continue the same instructional model (i.e. remote, in-person) for Trimester 3, you do not need to contact us. However, if you would like to request a change (i.e. move from remote to in-person learning) as a commitment for Trimester 3, please read the attached letter & contact us by Friday, February 19th.

Based on the enrollment projections for Trimester 3, we will be able to offer a concrete picture of the in-person model in each one of our districts, or determine what (if any) structural changes are needed. We will solidify these data in February with the intent to make any needed changes in March.

We appreciate your continued support as we evolve our models to support all students.

- Dr. Hobbs, Assistant Superintendent of Curriculum, Assessment, & Instruction

## COVID-19 Guidance & Resources / Nurses' Corner

NEW VACCINE questionnaire <https://www.vaccines.nh.gov/> Answer the questions to determine when you can take the vaccine. If you have questions about COVID-19 you may now call 2-1-1 or visit <http://nh.gov/covid19>. COVID-19 specific call-takers are available Monday through Friday 8am-7pm and Saturday 8am-5pm.

[COVID-19 Testing Sites: SAU 21 Towns](#): SAU 21 Nurses compiled this table that includes testing site information from Newburyport to Hampton to Stratham.

[NHDHHS COVID-19 Schools Dashboard](#): The Schools dashboard shows COVID-19 data for schools and their surrounding communities. Select a specific county using the map on the left. This selection will display county-level COVID-19 activity and cases in every school in the county.

[NHDOE/NHDHHS: What to expect if a student or staff member tests positive](#): Published by the New Hampshire Department of Education and also posted on [www.sau21.org](http://www.sau21.org)

## We are hiring!

SAU 21 is a great place to work and an equal opportunity employer. Please check out our website, [sau21.org](http://sau21.org) for current employment opportunities.

We currently have openings for:

- Teaching position for the 21-22 school year
- Facilities positions at various schools including a facilities manager position, a night custodian position and two part-time positions
- Substitute positions including school nurse substitutes
- Educational Associates for our Special education program

If interested, please apply at: <https://www.applitrack.com/sau21/onlineapp/default.aspx>

## Previously Shared Information

The following information was shared in a previous communication to families. The information is still relevant for this week and month and has been updated where appropriate.

## WHS Course Selection

Starting in mid-February, all students in grades 8-11 will be able to access teacher recommendations and register for courses through the PowerSchool portal. Until then, we encourage all eighth grade and high school students to take a look at the [WHS Program of Studies](#) and start thinking about courses you would like to take next year. High School families, if you're interested in learning more about the course selection process, the WHS Guidance Department set up a [Q&A video](#) as a refresher/ review. More specific information will be available through school guidance counselors as the window approaches, but our anticipated timeline is outlined below:

When	Who	What
February 2nd	WHS Students	<ul style="list-style-type: none"><li>Detailed course selection information available on email.</li></ul>
February 9th	All Students (Grades 8-11)	<ul style="list-style-type: none"><li>PowerSchool portal opens for WHS students to sign up for all classes.</li><li>At 7PM, WHS will host a Class of 2025 course selection meeting for parents &amp; students.</li></ul>
February 10th-19th	All Students (Grades 8-11)	<ul style="list-style-type: none"><li>High school counselors will meet with students to answer questions about course selection.</li><li>WHS will work individually with sending schools to arrange meetings with sending schools.</li></ul>
February 15th- March 5th	8th Grade Students	<ul style="list-style-type: none"><li>PowerSchool portal opens for 8th grade students to sign up for classes.</li></ul>
March TBD	8th Grade Students	<ul style="list-style-type: none"><li>"A Day in the Life Of" video/panel for Class of 2025.</li></ul>

## SAU 21 Updates & Notices

In the case of **inclement weather**, all SAU 21 Districts will either have a remote learning day or be closed for the day.

**Remote Learning Day:** All staff and students will work remotely during a remote learning day. This day counts as a school day and will not have to be made up at the end of the year. Schools/grades that are currently remote will adhere to the same schedule. Schools that are in-person (full or hybrid) may have an augmented schedule (published by your building principal).

**Closed:** Families and staff will receive a message regarding a school being "closed" meaning no students are attending virtually or in person. These days are reserved for substantial power outages across our region. These days will resemble the "snow days of the past" and will need to be made up at the end of year.

**SAU 21 Board/Budget Committee Meetings**  
Visit [SAU21.org](http://SAU21.org) for Zoom links or location information.

**February 2021**

- 2021-02-01 (Mon) Seabrook School Board Meeting — 5:30 pm - 6:30 pm  
Seabrook School Board - Deliberative Session — 7:00 pm - 8:00 pm
- 2021-02-02 (Tue) Hampton Falls School Board Meeting — 5:30 pm - 6:30 pm  
Hampton Falls School Board - Deliberative Session — 7:00 pm - 8:00 pm  
North Hampton School Board - Deliberative Session — 7:00 - 8:00 pm
- 2021-02-03 (Wed) South Hampton School Board Regular Meeting — 5:30 pm - 6:30 pm  
South Hampton School Board - Deliberative Session — 7:00 - 8:00 pm
- 2021-02-04 (Thu) Winnacunnet School Board - Deliberative Session — 7:00 pm - 8:00 pm
- 2021-02-11 (Thu) North Hampton School Board - Meeting — 6:30 pm - 7:30 pm
- 2021-02-17 (Wed) Winnacunnet School Board Meeting — 6:30 pm - 7:30 pm
- 2021-02-15 to 19 (Mon-Fri) Barnard School, South Hampton - Winter Break - No School
- 2021-02-22 to 26 (Mon-Fri) Winter Break - No School - Lincoln Akerman School, Seabrook Schools, North Hampton School, Winnacunnet HS

## Supports for Parents & Caregivers

February **Repeat Zoom Series for Parents and Caregivers** - Offered by the Center for Trauma Practice Change. Sessions are FREE and offered on Mondays and Thursdays in February 2021 from 7:00 – 8:30 p.m. The goal of this series is to provide you with the confidence and knowledge you need to create reflective practice within your own home to support growth for your children of any age.

February 2021

- Session 1: Understanding Fear, Anxiety and Upset: The Neurobiology of Stress – February 1 or 4
- Session 2: You are Enough! The Key Role of the Parental Relationship in Developing a Resilient Child – February 8 or 11
- Session 3: Helping Your Child's Growth: It's all about Safety and Regulation - February 15 or 18
- Session 4: Your Family Can Survive Anything: How the Use of Story & Holding Hope Help Us Overcome – February 22 or 25

[Registration link for all sessions: Parent/Caregiver Education Series - Supporting Your Child Amid Crisis Tickets | Eventbrite](#)

## Meal Distribution Information

SAU 21 Meal Distribution during COVID-19

Meals continue to be free for all students in buildings and learning remotely in 2021. We encourage full participation in our meal distribution program to any/all families regardless of free/reduced lunch eligibility.

Pick up

- **Meal Pick up** time is at least during **9:00am-10:00am at LAS, NHS, Seabrook, and WHS.**
- **Pickup will be provided Mondays, Wednesdays, and Fridays** unless otherwise noted for holidays.
- Parents/guardians from all five SAU 21 districts may **pick up at any location** for any of their children.

Delivery

- **Delivery will be provided Mondays, Wednesdays, and Fridays** unless otherwise noted for holidays.
- [Click here to view the bus routes.](#) Please check back frequently as stops and routes are subject to change. Please allow for a 3-5 minute range before and after the posted bus stop time. Buses will beep upon arrival to bus stops.

Click here to access: [Family Food Resource List – Other Resources](#)  
(As posted on the [SAU 21 Meals Program Page](#).)

If you have any questions regarding receiving meals, please contact your Principal, Nutrition Director, or School Counselor/Social Worker.