



# School Administrative Unit 21

January 15, 2021

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sau21.org

*Change does not roll in on the wheels of inevitability, but comes through continuous struggle. – Dr. Martin Luther King, Jr.*

Dear SAU 21 Families and Community,

Change has certainly been a theme for a few of our districts this week. The nervous anticipation of our increased in person models has evolved into relief and reassurance that we can successfully and safely bring students back into the building (see Dr. Hobbs' note later in this document). I am proud that we have jumped this hurdle and look forward to the goals we can meet looking ahead.

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

I invite you to review the resources provided here to reflect on the impact, message, and philosophies of Dr. Martin Luther King, Jr. It is incredibly relevant to be accepting our differences, adopting empathy as priority, and considering what we can do for others during this unique and often volatile point in our country's history. I hope these resources provide support for your own reflection and as in your conversations with children and others.

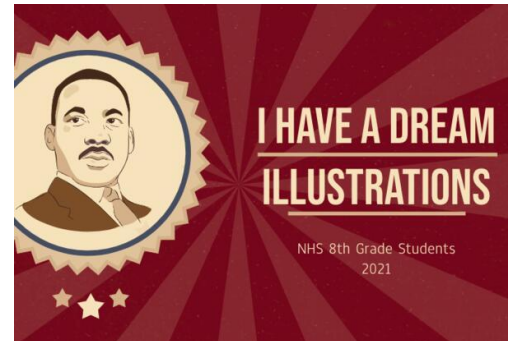
*David T. Hobbs, Ed.D.*  
Assistant Superintendent for  
Curriculum, Instruction and  
Assessment

8th grade students at North Hampton School were asked to illustrate a quote from the Martin Luther King Jr. "I Have a Dream" Speech. [Click here to see their creative work in this slideshow.](#)

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

[The Children's School: Talking to Kids about Race, Justice, and Equity](#)

Resource links for adults and kids: books, articles, downloadables, podcasts, and websites.



[CNN/Sesame Street Racism Town Hall](#) (June, 2020 in case you missed it!)

[Part 1:](#) Atlanta Mayor Keisha Lance Bottoms with CNN's Van Jones and Erica Hill about how to combat racism, and shares a message with kids about how to make a change.

[Part 2:](#) Entire CNN/Sesame Street town hall on racism  
Sesame Street's Abby Cadabby shares a story about how her fellow Sesame Street friend Big Bird was a victim of prejudice, and how she stood up for him.

*Serving the communities of:*

*Hampton Falls*

*North Hampton*

*Seabrook*

*South Hampton*

*Winnacunnet High School*

[Resource List](#) to Support Families Talking About Race and Racism: as posted on [SAU21.org](#).

As always, please feel free to be in touch with your School Counselor, Principal, and the SAU if we can answer questions or provide support. We are here for you. We are a community.

Sincerely,

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

*Life's most persistent and urgent question is, 'What are you doing for others?'*  
– Dr. Martin Luther King, Jr.

## School Spotlight(s): NHS / SMS / WHS

With all the excitement of the first days of school, we were able to welcome back students in North Hampton (6-8), Seabrook Middle School, and Winnacunnet High School in modified Hybrid models beginning January 11th. For the first time since March 2020, SAU 21 is now meeting in person with students preK-12 across every district. Thank you to all students and families for adhering to safety protocols, teachers for meeting instructional challenges with flexibility and positivity, and administrators for their tireless planning and attention to detail. We will continue to assess the effectiveness of these transitions, and evolve our models as safety permits. – Dr. Hobbs, Assistant Superintendent of Curriculum, Instruction, & Assessment

## 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)

## SAU 21 School Board Seats / Elections

Voting day will be held on Tuesday, March 9th. The filing period begins on Wednesday, January 20th and runs through Friday, January 29th at 5:00 p.m. Please contact your School District Clerk to file for one of the open positions.

<i>District</i>	<i>Open Terms</i>	<i>Contact Information</i>
<b>Hampton Falls</b>	(2) 3-year seats; (1) 1-year seat	Mary Nawn, 772-7551 (by appointment)
<b>North Hampton</b>	(2) 3-year seats;	Susan Buchanan, 964-6029 (North Hampton Town Office, by appointment)
<b>Seabrook</b>	(2) 3-year seats	Cheryl Bowen, 474-3152 (Seabrook Town Hall, by appointment)
<b>South Hampton</b>	(1) 3-year seat	Emily Kime, 394-2156 (by appointment)
<b>Winnacunnet</b>	Hampton seat: 3-year seat At-Large seat: 3-year seat	Shirley Doheny, 926-0406 (Hampton Town Hall, by appointment)

## 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.

## 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 severe weather and/or 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](https://www.sau21.org) for Zoom links or location information.

#### January 2021

2021-01-18 (Mon)	Martin L King Jr. Day - No School Seabrook Budget Committee Public Hearing — 6:00 pm - 7:00 pm
2021-01-19 (Tue)	North Hampton Budget Committee Public Hearing — 6:00 pm - 7:00 pm
2021-01-20 (Wed)	Winnacunnet School Board Meeting — 6:30 pm - 7:30 pm
2021-01-26 (Tue)	SAU21 Joint Board Meeting — 6:00 pm - 7:30 pm

#### 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
2021-02-03 (Wed)	North Hampton School Board - Deliberative Session — 7:00 - 8:00 pm South Hampton School Board Regular Meeting — 4:30 pm - 6:00 pm
2021-02-04 (Thu)	South Hampton School Board - Deliberative Session — 7:00 - 8:00 pm Winnacunnet School Board Meeting — 5:30 pm - 6:30 pm
2021-02-11 (Thu)	Winnacunnet School Board - Deliberative Session — 7:00 pm - 8:00 pm North Hampton 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

**Parent/Caregiver Education Series - Supporting Your Child amid Crisis.** Offered by the Center for Trauma Practice Change.

Zoom sessions are FREE and offered on Mondays and Thursdays in January 2021 from 7:00 – 8:30 p.m. You will have two opportunities to join each session.

Register to receive an email with meeting information.

[Past] **Session 1: *Understanding Fear, Anxiety and Upset: The Neurobiology of Stress*** – January 4 or 7, 2021

[Past] **Session 2: *You are Enough! The Key Role of the Parental Relationship in Developing a Resilient Child*** – January 11 or 14, 2021

**Session 3: *Helping Your Child's Growth: It's all about Safety and Regulation*** - January 18 or 21, 2021

**Session 4: *Your Family Can Survive Anything: How the Use of Story & Holding Hope Help Us Overcome*** - January 25 or 28, 2021

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

## 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.