



School Administrative Unit 21

January 29, 2021

2 Alumni Drive
Hampton, NH 03842
603-926-8992
sau21.org

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

Dear SAU 21 Families and Community,

As we are just days away from February, 2021, I am reminded of the impactful message Scarlett Lewis, Founder of the Jesse Lewis

Choose Love Movement, imparted to all of our educators to promote hope, healing and connection through social and emotional learning (SEL) on February 3rd, 2020 to focus on social and emotional wellness for staff and students. As part of the [Choose Love Movement Awareness Month](#) beginning February 1, 2021, the Choose Love team will be sharing daily video challenges, activities and worksheets for educators, parents, students, and community members. I encourage all of you to explore this and the following resources as we continue to support our children during these challenging times.

[Parenting in a Pandemic: Tips to Keep the Calm at Home:](#) For our younger students, The American Academy of Pediatrics list of tips including keeping routines, positive discipline, and much more.

[We're In This Together](#) Promoting positive mental health for teens feeling isolated. Resources for parents to help promote positive mental health including articles, videos, tips and resources.

SEL is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions. – [CASEL.org](#)

SAU 21 Anonymous Tip Line for Reporting Unsafe Behavior:

In our continuing efforts to improve the safety supports in our communities, SAU 21 provides a [Quick Tip Digital Hotline](#) which is an anonymous reporting system available for anyone to report unsafe behavior including staff, parents, and students. This "See Something, Say Something" tip line allows anyone to communicate concerns about unsafe behavior within the SAU 21 community. Simply click "I need to report something." on **any** of our SAU 21 or District websites to report unsafe behavior to school administrators: violence/assault, sexual harassment, drugs/alcohol, threats, suicide threats or other concerns. Providing your contact information is optional, otherwise you will remain anonymous. In addition, you may click "I'm in crisis/I know someone in crisis" to find a list of emergency numbers and other crisis resources for immediate and longer-term support. Please note that you should always call 911 in the event of an emergency.

Thank you for your continued support and care for our students.

Sincerely,

Caroline Arakelian
Interim Superintendent of Schools
carakelian@sau21.org

choose love™
movement

School Spotlight: WHS Course Selection

Believe it or not, the course selection period for the 2021-2022 school year has begun at WHS! As this marks the first year where all sending schools (including SAU 90 Hampton) are using PowerSchool as a Student Information System, we anticipate a more streamlined process for both current students and 8th graders transitioning to the high school.

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

- 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

SAU 21 School Board Seats / Elections

Voting day will be held on Tuesday, March 9th. The following outlines open school district positions.

<i><u>District</u></i>	<i><u>Position</u></i>	<i><u>Open Terms</u></i>
Hampton Falls	School Board members	(2) 3-year seats; (1) 1-year seat
North Hampton	School Board members	(2) 3-year seats;
	Moderator Clerk Treasurer	All are 3-year seats
Seabrook	School Board members	(2) 3-year seats
South Hampton	School Board member	(1) 3-year seat
	Moderator Clerk Treasurer	All are 3-year seats
Winnacunnet	School Board members	Hampton seat: 3-year seat At-Large seat: 3-year seat Seabrook seat: 2-year seat
	Budget Committee members	Hampton seat: 3-year seat At-Large seat: 3-year seat

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 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.