



School Administrative Unit 21

January 22, 2021

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Serving the communities of:
Hampton Falls
North Hampton
Seabrook
South Hampton
Winnacunnet High School

Dear SAU 21 Families and Community,

This has been a momentous week in our country. The Presidential Inauguration brings a new administration to our White House, a new beginning, and perhaps many questions regarding the future. In addition to political change, we are facing change due to the pandemic and all that is involved at this point in time in our Districts. As we approach the third trimester at SAU 21, we will continue to honor the diverse perspectives and needs of our families and employees as we work with you to prepare for the upcoming months,

I was particularly moved by Amanda Gorman, the first-ever youth poet laureate, as she recited her poem, "The Hill We Climb" during the inauguration of President Biden on January 20th, 2021. Her words offer inspiration for unity, diplomacy, strength, and hope. Gorman's words: "And so we lift our gazes not to what stands between us but what stands before us" can provide a sense of unity over division as we band together to tackle the challenges that lie ahead.

I have included links to the transcript as well as the video if you haven't seen it or would like to view again and again (as I have).



If we merge mercy with might,
and might with right,
then love becomes our legacy
Amanda Gorman, "The Hill We Climb"

[Click here](#) for "The Hill We Climb" transcript. (CNN)

[Click here](#) the watch Amanda Gorman recite "The Hill We Climb" at the inauguration ceremony. (NPR)

[Click here](#) for five more poems written and recited by Amanda Gorman. (The Today Show)

Thank you for your ongoing support. We know that the required health protocols due to pandemic are an additional layer of coordination and detail that is not usually part of your school routine. However, we continue to have limited disruption in academics due to your diligence and cooperation! We couldn't do it without our supportive families. As usual, please feel free to be in touch with your building principal, counselors, or the SAU if you have any questions or thoughts you'd like to share. We'd love to hear from you. We are a community.

Sincerely,

Caroline Arakelian
Interim Superintendent of Schools
carakelian@sau21.org

The new dawn blooms as we free it
For there is always light,
if only we're brave enough to see it
If only we're brave enough to be it
Amanda Gorman, "The Hill We Climb"

School Spotlight: Lincoln Akerman School

Lincoln Akerman School will be using spring professional development time to reinvigorate their focus on Social Emotional Learning (SEL) for students and teachers. 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.

They will be spearheading this work in three ways: first, they are developing a central repository by which teachers are able to share resources and materials for classroom use. Second, they are focused on building common language and classroom expectations around these skills; given this structure, students will have consistent expectations as they move from class to class and grade to grade. Lastly, they are improving teaching practice by creating opportunities to model, or 'guest present,' SEL lessons for other teachers throughout the school. We clearly have a reason to celebrate their emphasis on such important components of student learning.

- 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 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><u>District</u></i>	<i><u>Position</u></i>	<i><u>Open Terms</u></i>	<i><u>Contact Information</u></i>
Hampton Falls	School Board members	(2) 3-year seats; (1) 1-year seat	Mary Nawn, 772-7551 or 661-3396 (by appointment)

North Hampton	School Board members	(2) 3-year seats;	Susan Buchanan, 964-6029 (North Hampton Town Office, by appointment)
	Moderator Clerk Treasurer	All are 3-year seats	
Seabrook	School Board members	(2) 3-year seats	Cheryl Bowen, 474-3152 (Seabrook Town Hall, by appointment)
South Hampton	School Board member	(1) 3-year seat	Emily Kime, 394-2156 (by appointment)
	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	Shirley Doheny, 926-0406 (Hampton Town Hall, by appointment)
	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.

January 2021

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 South Hampton School Board - Deliberative Session — 7:00 - 8:00 pm
2021-02-04 (Thu)	Winnacunnet School Board Meeting — 5:30 pm - 6:30 pm 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
2021-02-15 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

[Past] **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.