



# School Administrative Unit 21

February 19, 2021

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

**Never get so busy making a living that you forget to make a life.**  
– Dolly Parton, Country Singer

Dear SAU 21 Families and Community,

A brief message of rest and relaxation for you as we embark on the February break. I hope you all have the opportunity to rejuvenate whether your break has been this week (Barnard School) or this coming week (all other SAU 21 districts). I know this break is well deserved and much awaited by all members of SAU 21 districts due to some long weeks of in-person and remote teaching and learning. We can be proud of the hours we have put in thus far. Certainly our districts have been focused on “school reopening” this month (particularly Winnacunnet, Seabrook Middle, and North Hampton 6-8). We continue to work to safely bring our students in buildings to the maximum extent possible.

I recommend we all take the wise words from the Positive Pathways student club at Winnacunnet High School. The goal of the club members is to increase and encourage trust, kindness, and unity as a school. They believe that everyone should have a sense of belonging. They value community service as a way of bringing our community together. Winnacunnet High School students Mia Dye and Sarah O’Leary created this graphic about “Healthy and Safe Ideas for Winter Break” as part of their work in Positive Pathways. Thank you to Mia and Sarah for sharing this information for our staff and students!

**Healthy and Safe Ideas for Winter Break**  
Prepared by Mia Dye and Sarah O’Leary, Positive Pathways

The coronavirus has made many changes on our everyday life. One being that we can't travel to all the fun places we had planned. This doesn't mean you can't have a great, adventurous, and safe February break.

<b>Ideas</b> <ul style="list-style-type: none"><li>- Go on a hike or snowshoeing</li><li>- Go skiing</li><li>- Snow tubing</li><li>- Start a new hobby like jewelry, cooking, or painting</li><li>- Ice-skating</li><li>- Movie night with family</li><li>- Take a scenic drive and listen to music</li></ul>	<b>Stay home</b> 🏠 <b>Stay safe</b> 🛡️ <b>Save lives</b> ❤️	<b>Ways to stay safe</b> <ul style="list-style-type: none"><li>- When meeting with a bigger group of friends stay 6 feet apart and try to stay outside.</li><li>- Wear a mask when going to any public place.</li><li>- Remember to continuously wash your hands.</li><li>- Cough and sneeze in your elbow.</li><li>- Disinfect objects and surfaces you are frequently using and touching.</li></ul>
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**W** WINNACUNNET HIGH SCHOOL

As always, please reach out to us if you have questions at any time. We are a community.

Sincerely,

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

## School Spotlight: North Hampton School

In honor of the 100th day of school we wanted to recognize an important figure of North Hampton School: Granny Mac (seen above sleeping). Christina McAlister developed the “Granny Mac” character two years ago as part of NHS’ annual 100 day celebration, and it seems to have stuck. Students and staff at NHS may see Granny pop into classrooms, parading around the hallways, and (importantly) tallying off the donations collected by students and families in honor of the 100th day of school. Keep up the good work granny!

Name: Granny Mac (or 100-Day Granny)

Age: 100 (every year)

Hobbies: napping, counting, photography

Favorite food: chocolate chip cookies

Goal: to bring smiles and promote good will among the students, staff, and families of North Hampton School.



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

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

[NH Division of Public Health Services: Quarantine Guidelines after being Exposed to COVID-19](#)

This document guides our contact-tracing efforts in schools. When there is a confirmed COVID-19 test result, Nurses and Principals determine if there were any individuals within 6’ for more than a cumulative ten minutes in the past 48 hours. Whomever was exposed given that criteria, will be excluded for ten days.

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.

## 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 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.

#### March 2021

2021-03-01 (Mon)	SAU21 Permanent Superintendent Search Committee - 6:00 - 8:00 pm
2021-03-04 (Thu)	South Hampton School Board Meeting — 4:30 pm - 5:30 pm North Hampton School Board Meeting— 6:30 pm - 7:30 pm
2021-03-08 (Mon)	SAU21 Permanent Superintendent Search Committee— 6:00 - 8:00 pm
2021-03-09 (Tue)	No School - Town Voting Day - Teacher PD Day
2021-03-11 (Thu)	Operations Committee — 5:30 pm - 6:30 pm
2021-03-15 (Mon)	SAU21 Permanent Superintendent Search Committee — 6:00 - 8:00 pm
2021-03-16 (Tue)	Seabrook School Board Meeting — 4:30 pm - 5:30 pm Hampton Falls School Board Meeting — 6:30 pm - 7:30 pm
2021-03-17 (Wed)	No School - Teacher PD Day
2021-03-17 (Wed)	Winnacunnet School Board Meeting — 6:30 pm - 7:30 pm
2021-03-22 (Mon)	SAU21 Permanent Superintendent Search Committee — 6:00 - 8:00 pm
2021-03-23 (Tue)	SAU21 Joint Board Meeting — 6:00 pm - 7:00 pm
2021-03-29 (Mon)	SAU21 Permanent Superintendent Search Committee — 6:00 - 8:00 pm

## We are hiring!

SAU 21 is a great place to work and an equal opportunity employer. Please check out our website, [sau21.org](https://www.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>

## 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 (breakfast and lunch) 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.