



# School Administrative Unit 21

January 8, 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 weekend is no doubt full of eager anticipation for staff and students in our Winnacunnet, Seabrook Middle, and North Hampton (6-8) communities as they are about to be in person for the first time since early March of 2020. I know that this change in model brings excitement as well as nervousness for many regarding new safety protocols, teaching and learning, and seeing classmates (albeit in masks and six feet away) for the first time in ten months. It will seem like the first day of school for all of us. I encourage students and teachers to be present in the moment and know that you have all of the strength and skill it takes to handle what is put in front of you.

*Nothing can stop the power of a committed and determined people to make a difference in our society. Why? Because human beings are the most dynamic link to the divine on this planet.*  
*- Rep. John Lewis*

The violence at our Nation's Capital on Wednesday impacted all of us at least indirectly: students, educators, and the entire community. I remain optimistic for 2021 (as I stated just six days ago in the last family communication) because I believe that we owe it to our children to model collaboration, positive intentions, and peaceful relationships. If you are faced with confusion, anxiety, and even depression in your children, I hope that the following resources provide helpful information, reminders, or simply a source of comfort as you navigate this unique time in our country.

### [7 Books to help address and discuss tough topics with kids - KQED](#)

This article and podcast sponsored by KQED is a resource that includes descriptions of seven books for children ages 3-12 that can help children cope with confusing and scary feelings.

### [Talking to Children about Violence: Tips for Parents and Educators](#)

The National Association of School Psychologists offers guidance around how parents and educators can support students when they feel frightened and unsafe.

### [Supporting Marginalized Students in the Context of the 2020 Election: Tips for Parents](#)

This topic is also covered extensively by the National Association of School Psychologists. The article lists a reactions parents should monitor in their children, how to promote a sense of safety for children, how to reinforce and focus on children's strengths and promote a sense of belonging, and related resources that encourage reaching out to schools and other organizations for support.

As always, please be sure to reach out to your building Principal and Counselors if you are in need of support. We are a community and we are here for you.

Sincerely,

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

## COVID-19 Guidance & Resources

[When can I get a COVID-19 vaccine in New Hampshire?](#) This document outlines who is eligible to receive the vaccine in each of the phases: 1/2/3 as found on [readynh.gov](https://readynh.gov). 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 Remote Learning Academy / K-8

We continue to celebrate the work of our RLA (Remote Learning Academy) students and staff for grades K-8 at SAU 21. The RLA represents a collaborative effort to provide online curriculum and instruction that is aligned to district and state standards, while emphasizing local teaching practice and SAU 21 teachers. It is only through this endeavor/ organizational structure that we are able to offer more robust in-person models in our districts. Sincere thanks to all of you for your work!

## 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.

## 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. This four part session will be offered on Mondays and Thursdays in January. You will have two opportunities to join each session.

Register to receive an email with meeting information.

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

**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 |](#)

## 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: January 2021**

Visit [SAU21.org](http://SAU21.org) for Zoom links or location information.

2021-01-07 (Thu)	South Hampton School Board Meeting — 4:30 pm - 5:30 pm North Hampton School Board Meeting — 6:30 pm - 7:30 pm
2021-01-11 (Mon)	South Hampton Budget Committee Public Hearing — 6:30 pm - 7:30 pm
2021-01-12 (Tue)	Seabrook School Board Meeting — 4:30 pm - 5:30 pm Hampton Falls School Board Meeting — 6:00 pm - 6:30 pm Hampton Falls School Board Public Hearing - 2021-2022 Budget — 6:30 pm - 7:30 pm
2021-01-13 (Wed)	Joint Board Policy Committee — 4:30 pm - 6:00 pm
2021-01-14 (Thu)	Winnacunnet Budget Committee Public Hearing — 7:00 pm - 8:00 pm
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

## 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.