



The Green Gazette

December 2020

From the Superintendent

Like other schools in the region and across the country, the Raymond School District is struggling significantly to stay open for on-site learning during this pandemic, especially as the number of cases in our community rise. You may be asking yourself, "**What can I do to help?**"

There are some specific things that you can do to help our schools remain open for on-site learning as much as possible. For example:

- Apply to be a **substitute teacher** in our District and 'sub' regularly in our schools.
- Apply to be a **classroom monitor** and supervise students at school while a teacher instructs them remotely.
- Become a **designated volunteer** to supervise students at school if needed.
- **Share information** about job opportunities (substitutes, monitors and paraprofessional positions) with someone you know who would like to earn some money and help our schools at the same time.



The vision of the Raymond School District is. 'Uniting our school district and community to prepare students for future success'. Now, more than ever, we need help from the community. I invite you to **be a part of the solution** and do what you can to help us continue to provide in-person learning opportunities for our students as much as possible during this difficult time. Thank you for your consideration.

-Tina H. McCoy - Superintendent of Schools

School District Budget Presentation to Budget Committee



Raymond School District Administration will be presenting the proposed 2021-22 School District Budget and Separate and Special Warrant Articles to the Budget Committee on December 1 at 6:30 PM. [Click here](#) to see the documentation provided by the School District to the Budget Committee as backup for this meeting. Visit the [Town webpage](#) to see the Budget Committee's posted agenda for this meeting. This agenda includes information about in-person and remote participation. And please do continue to check our Voter Information page at www.sau33.com/voterinformation throughout the budget and voting season.

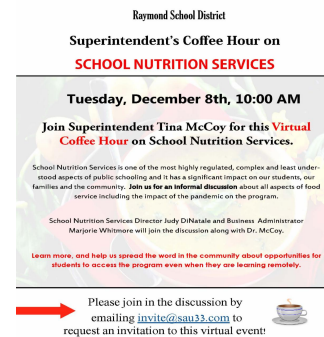
Superintendent's Coffee Hour

School Nutrition Services is one of the most highly regulated, complex and least understood aspects of public schooling and it has a significant impact on our students, our families and the community.

At 10 AM on Tuesday the 8th of December, join us for an informal discussion about all aspects of food service including the impact of the pandemic on the program. Director Judy DiNatale and Business Administrator Marjorie Whitmore will join the discussion along with Dr. McCoy.

Learn more, and help us spread the word in the community about opportunities for students to access the program even when they are learning remotely.

Please join in the discussion by emailing invite@sau33.com to request an invitation to this virtual event!



Raymond Strengthens Crisis Response

In partnership with the [National Alliance on Mental Illness \(NAMI\) New Hampshire](#), [Raymond Coalition for Youth](#) and [Seacoast Mental Health Center](#), Raymond School District is ready to respond to student behavioral health crises today with increased efficiency and standardization. Through a multi-phased approach with these community partners, policies and procedures were developed including an informational brochure for families. Crisis teams were identified for each building. Those responsible to respond adopted the evidenced supported [Columbia Protocol](#) to identify the level of risk and triage. The work continues forward with the development of a 3-5 year training plan for induction and refresher training of all district staff.



Consistent with the experience of Seacoast Mental Health, Raymond behavioral health staff are seeing increased rates of behavioral health crises within schools. This collaboration with community partners comes at a welcomed time. By identifying risk through the protocol, also known as the Columbia- Suicide Severity Rating Scale (C-SSRS), Raymond's behavioral health team will be using a consistent lens and language when developing a response to the crisis. With parent/guardian consent and

authorization, outcomes of the tool can be shared directly with Seacoast Mental Health and a warm hand off provided to that agency. This information helps Seacoast identify if a student can be seen through telehealth, in the office, or if they should be evaluated at a hospital emergency room. Seacoast Emergency Services is committed to providing quality care for individuals in crisis through assessment, crisis intervention and stabilization services on an outpatient basis, as well as referral to all the Center's program and other community resources. Raymond behavioral health staff also have a direct email address to the Emergency Services Team at Seacoast Mental Health for in the moment consultation.

Raymond School District aims to support students and their families in addressing behavioral health needs in the same way they would a medical concern. The brochures below contain helpful information for all families. They will be provided to families anytime a student presents at risk. If a student or their family has a concern regarding behavioral health, we welcome them to outreach to the contacts on the brochure.

[Lamprey River At-Risk Brochure](#)
[Iber Holmes Gove Middle School At-Risk Brochure](#)

District Website Update

Our update to the district and school websites is complete! You'll notice a few changes, including:

- Lunch menus can be easily found with the "Food Services" button on each school's home page;
- Notices, news, and the calendar of events are front and center on the bottom half of each home page;
- The "Enrollment" button on each home page links right to online registration information;
- We've made other links easy to find, such as links to the student handbook, the school nurse, School Board agendas, and voter information.



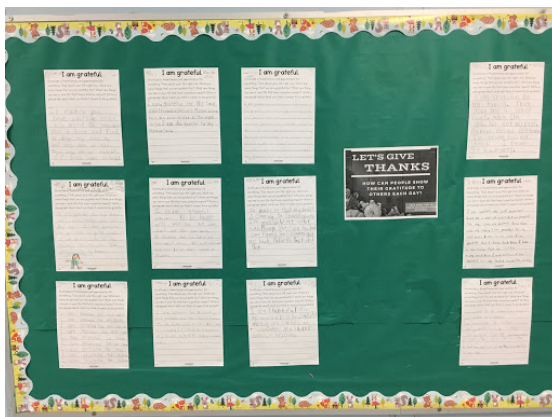
Visit www.sau33.com and look around. Please feel free to let us know what you think or if you have any suggestions by emailing us at webmaster@sau33.com.

LRES Gives Thanks

Staff and students at LRES participated in the annual Thanksgiving Feast! Each year, the cafe staff prepares a special feast of turkey with gravy, mashed potatoes, peas, stuffing, cranberries, and a frozen ice cream treat. The Thanksgiving Feast is being served for two days to accommodate our hybrid schedule.



At LRES, we are sharing what we are thankful/grateful for whether we are a staff member or a student. We have staff and student-created bulletin boards that show what we are thankful/grateful for during this holiday season.



Staff at LRES are showing thanks to their colleagues by filling out cards and sharing how thankful they are for one another. They are writing thoughtful messages... maybe a reason why they are grateful or thankful for one another, or simply just a kind message to brighten someones' day. We have so much to be thankful for here at Lamprey River Elementary School and we wanted to find ways to show our thanks and appreciation during this time of year.

IHGMS Student Spotlight

Leah Unger is a 5th grade student here at IHGMS and is an amazing young lady!

Leah is the youngest female Half Marathon winner for 10 year old females in the state of NH according to StateRunning Records.com at 1:50:15 at the Hampton Half Marathon on March 8, 2020.

But that is not all she has accomplished in her young life, she runs to raise money for "Girls for Girls in Uganda". In her first half marathon that she ran in November, 2019, she raised over \$30,000! Her goal, which she just recently met, is \$50,000, according to Leah's Mom.



According to Katherine Underwood of NBCBoston.com Leah's idea started in April, 2019 when she went to Uganda with her six-year-old sister and her parents. They traveled with a local non-profit called Childvoice to help refugee children affected by war.

"I was inspired because the girls worked really hard to heal, to get jobs, and work hard to take care of themselves and their kids," Unger explained.

So, when they got home, the sisters got to work making and selling the rice bags. Unger started raising money while training for the half marathon. The two had collected \$31,000 that will eventually help build a well and a medical center in the African village they visited.

"I want to help them in a way because they really helped me," Unger said. "They changed my life, so I want to change theirs."

Leah's favorite quote is from Desmond Tutu, a pastor from South Africa, who said, 'Do your little bit of good where you are. It's those little bits of good put together that overwhelm the world.' Thank you for that reminder, Leah. You are an inspiration to us all!

Join us in congratulating Leah for her amazing accomplishments!

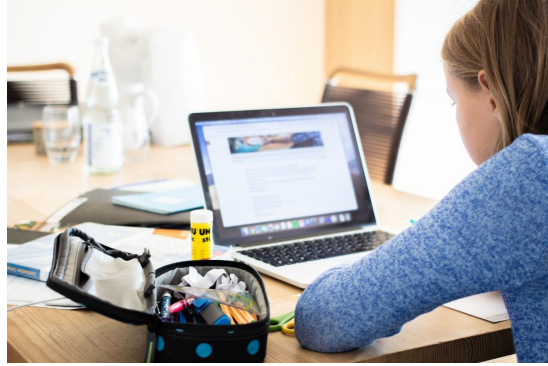


Leah and her father, Mike, ran this year's Allen Mello NH 10-Miler in Auburn and Manchester to raise money for war-affected girls in South Sudan and Uganda that ChildVoice serves. Her time of 1:21:58 (8:12 per mile) was the second fastest among females under 25!

Letter from RHS Principal re: RHS Remote Instruction Plan

Dear Raymond High School Community,

As you may be aware, Dr. Tina McCoy has announced that Raymond High School will be operating remotely until Friday, December 11 due to staffing shortages caused in part by the COVID-19 virus. While the RHS made a quick and successful transition to remote instruction in the spring, we are changing and improving this remote experience for all involved. Despite changes in our day to day schedule, we will continue to run as many activities as we can. Winter sports will begin in early December.



During this period of remote instruction, the following expectations are in place:

- All RHS students will follow a block 1 - 4 schedule, Monday - Thursday. The hybrid schedule is suspended until students are able to return to the building.
- All RHS students will continue to fully utilize Google Classrooms to check assignments, etc.
- Students are expected to attend their classes via Google Meets at their regularly scheduled times.
- Attendance will be taken within 10 minutes of the beginning of class.
- Teachers will schedule movement breaks which will replace our mask breaks, and allow for students to take a break from sitting in front of their computer.
- Teachers will provide live and/or recorded instruction daily.

[Click here](#) to continue reading.

Celebrating the Holidays Differently



As we all strive for some normalcy during a global pandemic, the holiday season may further highlight the ways things are different for some. The typical traditions held by some families may not be possible this year. This pandemic and the shift in holiday traditions can cause a myriad of challenging emotions, all of which are normal responses.

Whether a family observes holidays or not, this is a difficult time. Pandemic or not, the holidays can also be a difficult time. Please remember to be patient and kind to yourself and those around you. While times are challenging, there are many things we can do to ensure we are staying as healthy as possible and maintaining ongoing connection to those we care about. [Please see these resources from the National Child Traumatic Stress Network](#) for strategies and ideas for supporting students during the holiday season. Your school's counseling and behavioral health team can also be a resource for tips, tricks or connection to community resources.

Extended Learning Opportunities (ELO's) Continue to Thrive

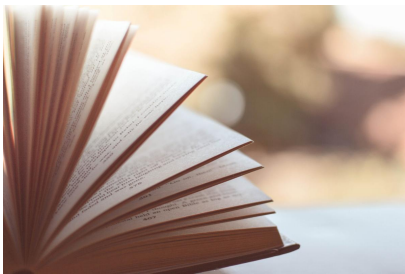


The number of business partners accepting student interns may be fewer this year, although students are actively engaging in career specific ELOs in the community. Students are participating in ELOs such as Restaurant Management (McDonalds), Electrical Apprenticeship (Electrical Installation), Concrete Foundations (TJ Belanger & Son Concrete Construction), Animal Science (Dee's Grooming & K9 Care), Education at Lamprey River Elementary School and Technology at RHS.

Students that have an interest in the Health Sciences field may not be able to intern within a healthcare facility at this time, although are actively involved in experiential learning. Such examples include, daily temperature screenings/health assessments, researching current health related issues, interviewing health care professionals and exploring personal career aspirations.

To find out more about participating in a second semester ELO, speak with Mrs. Londo in the School Counseling Office, h.londo@sau33.com.

Reach High Scholars - Summer Enrichment Programs



A question that frequently comes up in college interviews and applications is "What have you done with your past few summers?" With increasingly competitive application pools to select from, admissions offices at many colleges and universities want to see that serious applicants are being proactive about their education not only during the school year, but during the summer as well.

Many top-tier private boarding schools and universities offer summer academic enrichment programs that provide intensive yet fun summer experiences. These programs cultivate an enjoyment of learning for the sake of learning, encourage students to take control of their academic destiny, and provide unforgettable lifechanging experiences with like-minded peers—all while making the students more appealing college applicants. And, the experience of several RHS students has been that doing two of these programs makes a dramatically greater positive impact on the admission process than doing just one.

[Click here](#) to read more about Summer Enrichment Programs from Reach High Scholars.

Supporting Student Learning at Home

Supporting students at home in hybrid and remote learning environments can be challenging. Developing consistent routines at home can assist with managing learning expectations. View each day like a regular school day, begin

each day on time and end on time. Having a dedicated work space that students use daily with limited distractions contained with materials is crucial to supporting student learning. Communication is also vital to supporting students. Continue to ask your children what they learned each day, reach out to your child's teacher if you have questions or if appropriate empower your child to ask the question.



During remote instruction we have been working diligently to provide both synchronous and asynchronous. Balancing direct online instruction/screen time with project based and independent learning is essential to a holistic learning experience.

Screen time recommendations/guidelines:

- K-5<120 minutes (State Education Department)
- 6-12<180 minutes (State Education Department)

These times do not include consecutive instruction, live instruction should be blended with project based learning and independent activities students can engage in from home.

As a reminder a portion of each Friday are used for a variety of student activities to support student learning to include:

Direct Instruction of 1.5-2.5 Hours

- Office Hours
- Small Group Lessons/Review/Reteach/Enrich
- Individual Instruction
- RTI/MTSS Groups

LEAP Recyclable Collection

LEAP is still collecting soft plastic recyclables! So far we have collected 50 pounds in just under a month, 10% of our 500 pound goal. **If we reach 500 pounds by the end of May, Trex will donate a bench for the LRES playground!** You can drop off your recyclables at our bins, which are located at the gym door during school hours and by the front office doors 24/7 which is pictured below. Acceptable recyclables include plastic bags, bubble wrap, soft plastic mailers, and ziplock bags. Help us get to 500 and win that bench!



Substitutes Wanted



If you are interested in becoming a substitute for the Raymond School District, please go to www.sau33.com/jobs and apply for the following positions:

Certified Teacher Substitute- \$85 per diem

Non-Certified Teacher Substitute - \$75 per diem
Para-educator Substitute - \$75 per diem
Nurse Substitute - \$100 per diem
Custodian Substitute - \$10.00 per hour
Food Service Substitute - \$10.00 per hour

If you would like to volunteer at the schools please contact the Human Resources Department at 603-895-4299 extension 1104.

School Nutrition Services

Usually our December article is filled with details of the annual Harvest Feast. Well, it was a traditional turkey, gravy and all of the fixins' event, happening for 2 days at each school, with modifications to fit the year. And it was enjoyed by a somewhat smaller crowd, without guest servers, but absolutely delicious none the less! Extra kudos to our dedicated staff of the LRES and IHGMS kitchens who even pulled out the "regular" trays. They also had to supervise their socially distanced return to the dish window, all because they were concerned that younger students with smaller hands wouldn't be able to handle a "fully loaded plus" Styrofoam tray. That is quite a feat along with sanitizing all of the tables, seats and serving surfaces between each lunch group. But worthy of a feast!

We remain mindful of so many things that we have to be grateful for. So here is our list, with input and comments from across the department:

- Everyone stayed healthy. Both last spring, and this school year.
- We get to feed our kids in the cafeterias for lunch.
- We get to make food that they like, fresh!
- We get to see their smiling eyes, and see them laughing and having fun together at lunch.
- We are all working in our own kitchens.
- There are far fewer shortages of food items we are ordering.
- We get to see our building staff, as opposed to empty halls last spring.
- We get to see their (students) excitement at Ice Cream time!
- We have seen the kids go from very quiet and almost shy to where their personalities are back.
- We get the opportunity to really cook and create.
- We are working with kids, not just food orders.



We feed kids. It is our goal. But it is so much more interactive than we ever could have realized until we were working in an empty school last spring, making meals with the products we had or could actually get in. It is with gratitude for every opportunity to create, cook and work with our kids that we move forward. And with hope that our blessings will continue.

-Raymond School Nutrition Services Director, Judy DiNatale

Fall Sports Are a Wrap

In a shortened season with several guidelines...our teams prevailed!

The Iber Holmes Gove Middle School Boys and Girls Soccer Teams were crowned the Tri County Division III Champions! Congratulations to their coaches and team members!



At Raymond High School; the Cross Country Team competed in the NHIAA State Meet and the Girls Volleyball Team hosted a quarter final game in the NHIAA Division III State Tournament! While the Boys Soccer, Girls Soccer and Football Teams made a run for the State Championship in their sport by all competed in the semi final games of the NHIAA State Tournament!

A big congratulations to all our Fall Teams on their successful seasons!

Child Find

What is Child Find?

The Individuals with Disabilities Education Act (IDEA) includes the Child Find mandate. Child Find requires all school districts to identify, locate and evaluate all children with disabilities, regardless of the severity of their disabilities. This obligation to identify all children who may need special education services exists even if the school is not providing special education services to the child.

The IDEA Act requires all States to develop and implement a practical method of determining which children with disabilities are receiving special education and related services and which children are not.

Our Next Preschool Screening date is January 22, 2021.

Please contact Linda Mahoney to schedule: 895-4299 x1106

Experiencing Homelessness - District Contacts

Experiencing Homelessness

District Contacts:

Abby Aldous, Social Worker:
(P) 895.3117 (E) a.aldous@sasu33.com

Sandra DeCato, Social Worker:
(P) 895.3394 (E) s.decato@sau33.com

Michael Hatfield, District Liaison/Director, Student Services
(P) 894.4299 (E) m.hatfield@sau33.com



From Raymond Coalition for Youth

Please join us, virtually, at our December 10th RCFY meeting, 9:00 am - 10:30 as we have a discussion on Alcohol - Parents, Teens and the law. Free and open for all. Get the link at info@rcfy.org.

From the RCFY Youth Action corner:

We are excited to announce that Youth Action has been meeting via zoom since October!

If you are in Middle School or High School and would like to get involved with Youth Action and the Raymond Coalition For Youth, please email me at cbostaph@rcfy.org for the secure zoom link to the meeting.

Like to volunteer? Please visit www.rcfy.org to learn more, get involved and help make a difference.

Alcohol and the Law What teens & parents need to know

You are invited to join us at our monthly
Raymond Coalition For Youth networking meeting.

Thursday, December 10th
9:00 am - 10:30 am

[Virtual via Zoom](#)

Do you know the laws around Alcohol? What is a social host, providing alcohol to minors, what infractions impact a teen license, and more.

Alcohol is still the #1 misused substance, lets talk and learn about it.

Our special guest will be

Lt. Benjamin Williams of NH Liquor Enforcement



Upcoming Events

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Events are subject to change. Please check our Events Calendars at www.sau33.com.

School District 21-22 Budget Presentation at Budget Committee Meeting

Tuesday, December 1, 6:30 PM, RHS Media Center

Regular School Board Meeting

Wednesday, December 2, 6:00 PM, RHS Media Center

Superintendent's Virtual Coffee Hour re: School Nutrition Services

Tuesday, December 8, 10:00 AM, Virtual

LRES Building Committee Meeting

Wednesday, December 9, 6:30 PM, SAU Office

IHGMS Principal's Virtual Coffee Hour

Thursday, December 10, 9:00 AM, Virtual

RHS Principal's Virtual Coffee Hour

Monday, December 14, 10:00 AM, Virtual

Regular School Board Meeting

Wednesday, December 16, 6:00 PM, RHS Media Center

LRES Principal's Virtual Coffee Hour

Friday, December 18, 9:00 AM, Virtual

School Closed - Holiday Break

December 23 - January 1



Visit our website