

RAYMOND SCHOOL DISTRICT

Raymond, New Hampshire



GREEN GAZETTE NEWSLETTER

January 2022

From the Superintendent

"Take a leap of faith and begin this wondrous New Year by believing."

-Sarah Ban Breathnach

I hope you all enjoyed the past holidays and were able to share a few moments with people you enjoy spending time with. My holidays are a little quieter than the ones I grew up with. Coming from a large Italian family, most holidays were two day events with a steady flow of family and friends in and out. Now with smaller families the large-scale events are over, but I am fortunate to have granddaughters who play a major role in keeping the holidays special. When the hustle and bustle of the holiday season comes to an end we welcome in the New Year.

As I approach this year, I will do my best to look for some of the positive things that impacted my life last year as opposed to the negative. It is my hope to look beyond the virus and reflect on the work we did as educators, the adjustments we made, and the successes we had during this difficult time. As a husband, parent and grandparent, as I look back I feel fortunate that none of my close circle experienced getting sick and still remain healthy. While it was a difficult year to say the least I do believe it brought our community here in Raymond together as we worked collaboratively and continue to move forward.

I guess when you stop and think about it, each year carries its hardships, no year is free of challenges, and every year can provide us a period of time that seems like an endless struggle. Yet we work through the tough periods and persevere. With the young new year in front of us it provides us new opportunities, new experiences, and a chance to start over again. As I grow older the years seem to go by faster and I begin to look less in the rear view mirror. I do my best to keep my eyes on the road in front of me as I travel it. There are times to look back, not to point out regrets, but to remember the times and those who made them special. There is a saying, 'Hindsight is 20/20', if we spend too much time looking back we may miss the positive in the future.

I am ready to take a leap of faith as we begin this year. I will do my best to learn from my experiences this past year without dwelling on them. New year, new hopes, and new opportunities to shape the future.

Happy New Year
Dave



Voter Information

The Budget Committee's Public Hearing on the School District's 2022-23 Proposed Budget and Separate & Special Warrant Articles is scheduled for Tuesday, January 11th at 6:30 PM in the RHS Media Center.

Visit our Voter Information Page at www.sau33.com/voterinfo for continued updated information as we progress through the budget and voting season.

Visit the [Town of Raymond website](#) to view Budget Committee meeting agendas.

We've also scheduled a [series of forums](#) after the public hearing to learn more about the warrant articles as they will appear on the warrant for Deliberative Session.

And finally, save the date: the **School District Deliberative Session** is scheduled for Saturday, February 12th at 10:00 AM at Raymond High School.



Partnering With Seacoast Mental Health Clinic: Impacts of the COVID-19 Pandemic



These unprecedented times leave teachers grappling with balancing social and emotional wellness and the need to catch up academically. Schools are seeing increased rates of discipline and students with mental health crises. This story is not unique to the Raymond School District, this is experienced by schools around the world as students try to re-adjust to in person learning and peer interactions. According to Mental Health America and the "State of Mental

Health in America 2022" report, 15.08 % of youth aged 12-17 experienced at least one depressive episode in the last 12 months nationally. New Hampshire was similar in average and experienced a total of 15,000 youth with such an episode. The impacts of this pandemic are not youth specific, it is important to acknowledge that adults are not immune to the impacts. Nationally, almost 1 in 5 adults are experiencing mental illness. New Hampshire is higher than this national average, at 22.37% which represents 243,000 adults in the state.

To support teachers in understanding what has happened to social and emotional wellness over the past two years, Seacoast Mental Health Clinic (SMHC) will provide professional development to discuss:

- What the pandemic created
- Effects of the pandemic
- What teachers may see from students
- Ways to help

SMHC has been a dedicated partner with the Raymond School District. They have provided a co-located clinician for each school for several years to support students in accessing outpatient therapy. The District is appreciative that SMHC has offered to support the district through professional development. Specifically, Jodie Lubarsky MA, LCMHC (Vice President of Clinical Operations- Youth and Family Services), for her willingness to meet with teachers across the district.

This leader in behavioral health has also offered to provide similar information to the community. If you are interested in attending such an event (virtually or in person) please complete [this brief survey](#) to help Raymond School District schedule a time that will work

best for those who wish to attend.

If you have concerns for you or a loved one, please see our [district at-risk flier](#) for support and resources. Raymond School District provides many layers of support for students. Please reach out to your school counselor if you have any questions or concerns regarding the behavioral health wellness of your student(s).

Reinert, M, Fritze, D. & Nguyen, T. (October 2021). "The State of Mental Health in America 2022" Mental Health America, Alexandria VA. <https://www.mhanational.org/issues/state-mental-health-america>. Accessed 12/28/2021

Holiday Fun at LRES!

Place article copy here. Be sure to make the articles short and concise as people tend not to read long articles. We had a month of themed school-wide activities here at LRES! Staff and students participated in fun dress up days. The themed days included; winter wonderland, favorite sports teams, holiday/ugly sweater day, candy cane day, flannel wear, holiday headwear, LRES turned into Whoville, and pajama day! PTO, LRES administration, and our staff Spirit Crew planned events for the LRES staff including treat days, an elf scavenger hunt, and positive candy cane messages. Kindergarten students created Gingerbread houses. We had parent volunteers in each class to join us during this traditional holiday event. Thank you to our parents for volunteering their time to help out!



As this year has been challenging in different ways, as a result of the pandemic, it was especially important to continue with our traditions and celebrate one another. It was important to spread good cheer and ensure our students have fun during this holiday season. We hope that everyone has a wonderful holiday and a Happy New Year!

Laura Yacek,
LRES Principal

Thank You and Happy New Year from all of us at IHGMS!

January brings us to the halfway point of the school year, well actually the third week of January. Still it is hard to believe that the year has gone by so fast! And let us not forget to reflect on where we were a year ago as compared to this month.

Our students have been in school all year, with the exception of a few days in early fall at the high school. We have managed the pandemic in different ways in order to keep our students in school as much as possible and used many different strategies to keep school as normal as we can while at the same time balancing the need to keep everyone as safe as we can. With almost every passing week new strategies have been introduced that allow us to stay in school even though there are continually increasing numbers of positive cases in our community.



It truly takes the whole community to educate our students and we can't thank everyone enough for your support as we all struggle in different ways in dealing with this virus. Almost 25% of our student body has been directly impacted by the pandemic by being placed in quarantine, either from being a close family contact or contracting the virus.

We can't thank our families enough for being as cooperative as you have been when you have received that call that your child needs to come home from school at a moment's notice. Thank you to all the families who have called us to inform us that their child, or children, have been exposed to a family member, kept their child home and kept the rest of our school community safer.



And a very special thank you to a group of parents, along with the Friends of Raymond Schools, for volunteering to organize and carry out a holiday luncheon for all of the IHGMS staff just before vacation. It was greatly appreciated and a wonderful way to spend time with colleagues and the parents that were able to come in to help. Thank you to all the volunteers that helped regardless if you supported the luncheon or were able to help serve, or both! Thank you!

We wish everyone a very Happy New Year!

Bob Bickford,
IHGMS Principal

RHS Principal's Update

We hope that everyone enjoyed the holidays. They are a great opportunity to pause our busy lives and reflect on our accomplishments and reset for the new year. While we continue to sort through some of the issues that have been created by the pandemic, it has been great returning to activities and events that are a part of the high school experience.

Like many districts in the state, we have been plagued with a shortage of staff and this has been extremely difficult on the students and faculty. On any given day this last semester, teachers have routinely worked through their prep time by covering other teacher's classes or covering staffing shortages.. If you are interested in giving back to the community, whether it is as a substitute or paraeducator, please call me at 895-6616, ext. 2306.



The semester is coming to an end at the end of the month and students will be taking their midterm and final exams. We hope the next semester is even more successful than the first. We look forward to seeing you at our athletic events, drama

productions, and concerts.

Happy New Year,

Steve Woodward,
RHS Principal

Job Openings

The Raymond School District is in need of applicants for many positions currently open:

Secretary Year Round position at the elementary school
Teaching positions and Title 1 Tutors
Part-time and Full-time Custodians
SUBS, SUBS, SUBS for Teacher, Paraeducator, Food Service and Custodial
Paraeducators at all three schools
Part-time Cafeteria Workers

Please check our web site at www.sau33.com/jobs to see position openings. Please [read here](#) about our teacher and paraeducator substitute positions. We always hope that our parents and community members will share this information with someone else to help us find the perfect candidate for the Raymond School District.

Extended Learning - Let's Hear from the Students!

Would you recommend that students participate in at least one ELO before they graduate?

10th grade student- "I currently have 3 ELO's in the works right now and I personally think everyone should have an ELO, it is a great way to utilize your time and earn credits! I have an equestrianism ELO for my PE credit, an administrative personal assistant for an English teacher at Raymond high school for an elective credit, and another elective credit for nursing triage, management, and care. It helps me explore my future career options and bring learning outside of the classroom to inside Raymond high school and my personal path. I look forward to writing my bi weekly journals for Ms. Londo and telling her what my ELO has been all about! Everyone should do an ELO, it's simple, practical, and an AWESOME way to get credits through day to day life."



12th grade student- "I believe that students should participate in at least one ELO before they graduate because of how much experience you gain out of whatever option you choose. It isn't just a way to fill a credit, there are so many reasons for an ELO. You could complete one for a job you already have, a job she finds for you relating to your interest, volunteer work, something that you find interesting, something you want to research, or even something you want to explore but RHS doesn't have or doesn't fit in your schedule. With us being such a small school it is an amazing opportunity to explore the world and your own interests before deciding what you want to do after your time at RHS. No matter what you are looking for Ms. Londo happens to be pretty amazing and can find an ELO for just about anything."

9th grade student- "Students should definitely participate in at least one ELO before they graduate. Participating in an ELO makes it more accessible to have a late arrival or early release in junior or senior year. It also allows you to take the elective classes you would like to, rather than being in the position where you need one more elective to graduate but the only one available is something you don't want to take. It allows you to have that leeway. It also makes the possibility of attending Seacoast school of technology a lot easier. I am currently a part of 2 ELOs and plan on signing up for another. Due to me

being a part of those ELOs I don't have to take any elective classes for the next three years. It is overall an amazing way to gain school credit for things you enjoy and will use in your future. Because of the ELOs I am a part of I have a lot of leeway to do what I would like to throughout the rest of high school."

Students interested in pursuing an Extended Learning Opportunity should contact Holly Londo, h.londo@sau33.com.

Technology Support Numbers

Due to the district no longer being remote, the technology hotline phone number will no longer be available. The technology team can be reached at each school via email or their phone extension. Please contact your the school's Technology Support Specialist for assistance with hardware or software needs, or the Data Integration Specialist for support with PowerSchool.

Staff Name	Role	Email	Phone
Cameron Tkalcic	LRES Technology Support Specialist	c.tkalcic@sau33.com	895-3117 ext 3387
Luke Bergeron	IHGMS Technology Support Specialist	l.bergeron@sau33.com	895-3394 ext 4193
TBD	RHS Technology Support Specialist		
Matt Clifton	Technology and Data Integration Specialist	m.clifton@sau33.com	895-6616 ext 2341
Brittany L'Heureux	Director of Technology	b.lheureux@sau33.com	895-6616 ext 2364

What a Way to End 2021 at LEAP!

Our December started with a site visit from the NHDOE, where they observed all aspects of our LRES program and determined that we met expectations in all areas they were looking at. Thank you to our students, families, and staff for making this visit such a success! An exciting outcome of our time with the NHDOE was receiving confirmation that Raymond will qualify to reapply for the 21CCLC grant this year, which we intend to do!

In other program news, we've ended 2021 with some great activities! Our middle school program got a chance for some outside time during an unseasonably warm 50° afternoon, with the fog providing a site I've rarely seen our students in. We are looking forward to what 2022 has in store for LEAP!



From Raymond Coalition for Youth

Raymond Coalition For Youth – Youth Action students want to remind adults that it is illegal to provide alcohol to anyone under the age of 21. This message is an important reminder during the holiday season

when families will be gathering for parties.

New Hampshire is in the middle of an opioid, heroin, fentanyl, and prescription drug crises but alcohol continues to be the most commonly misused substance amongst people of all ages. Alcohol is easy to get too. Many teens' report having adults who share alcohol with them. Some parents offer it to teens as long as they are at home with them. This sends mixed messaging to kids and it's not a good idea because at some point your kids will not be at your home, but will still think it is okay to drink because you did not have a problem with it when they were with you. Kids need to have clear rules and boundaries. It is illegal to drink alcohol under the age of 21 because it is dangerous to their developing brain and they are not equipped to make mature decisions to keep themselves and others safe. [READ MORE HERE](#)



FREE **RAYMOND COALITION FOR YOUTH** **FUN**

Family FUN Night

February 4, 2022 * Snow Date: February 11th
6-8 pm
IHGMS Gym

Join us for the 16th Annual Family FUN Night!

Families & community members can learn more information about the valuable resources, local businesses & organizations in the community & what they have to offer. You'll find information from local sports, recreation, law enforcement, faith based organizations, health care & so much more!

Join us **January 13, 2022**
RCFY Monthly Networking Meeting
9:00 am - 10:30 am
Raymond Baptist Church
Special Guest



Northern New England
Poison Center
1-800-222-1222
Information & Advice 24/7 www.nnepc.org



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 Board Meeting

Wednesday, January 5, 6:00 PM, RHS Media Center

Budget Committee's Public Hearing for School District Budget and Special & Separate Warrant Articles

Tuesday, January 11, 6:30 PM, RHS Media Center

School Board Meeting

Wednesday, January 12, 6:00 PM, IHGMS Room 192

IHGMS Principal's Coffee Hour

Thursday, January 13, 9:00 AM, IHGMS

School Closed - Civil Rights Day

Monday, January 17

School Board Meeting

Wednesday, January 19, 6:00 PM, RHS Media Center

District Warrant Article Information Forum

Wednesday, January 26, 7:00 PM, RHS Media Center

IHGMS Principal's Coffee Hour re: District Warrant Articles

Thursday, January 27, 9:00 AM, IHGMS

RHS Principal's Coffee Hour re: District Warrant Articles

Monday, January 31, 10:00 AM, RHS

LRES Principal's Coffee Hour re: District Warrant Articles

Tuesday, February 1, 11:00 AM, LRES



Visit our website