



WMRSD Leaders and Learners – Your Community Connection White Mountains Regional School District

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At the Lancaster School

Lancaster Elementary School has transitioned to a podcast format for its weekly *Leaders and Learners* article, which asks guests three questions: What are you proud of? Why are you proud? and What's next?

In episode #009, listeners will hear from members of the Colonel Town Players of Lancaster, Inc. who are part of *The SpongeBob Musical*, students in the hallway, and Mrs. McVetty.

The Colonel Town Players lead off the episode with a promotion of *The SpongeBob Musical*, which opens on Friday, November 14. Students in the hallway share what they learned during a recent visit from Plymouth State University's TIGER Theatre Program, and Mrs. McVetty discusses the upcoming book fair as well as sign-ups for the ski and ride program.

The podcast can be found on Spotify, Apple Podcasts, iHeart Podcasts, and Amazon Music.

- Apple Podcasts: [The Big 3 - Lancaster School](#)
- Spotify: [The Big 3 - Lancaster School](#)
- Amazon Music: [The Big 3 - Lancaster School](#)
- iHeart Podcasts: Search for "The Big 3 - Lancaster School"

Lancaster Elementary is always looking to expand the podcast beyond the school district. Community members interested in participating in a future episode are encouraged to reach out!

At the Whitefield School

Supporting Students: News from the Whitefield Counselors. This fall, preschool through fourth grade students began the year by sharpening their school readiness skills. They discussed the importance of working hard, making responsible choices, and taking care of themselves—especially when it comes to managing stress. Students also learned about bullying and practiced solving problems in positive and appropriate ways. Third and fourth graders have been focusing on managing their emotions through The Zones of Regulation, a framework that helps students build self-regulation and emotional control.

Students in grades five through seven have been learning about executive functioning skills, particularly how to manage their time, prioritize tasks, and regulate emotions. Fifth graders have participated in role-play activities to identify their emotions and communicate assertively. Sixth and seventh graders have been designing their own businesses, monitoring their progress, and collecting feedback from peers. Each day, they reflect on the executive functioning skills they use to complete their tasks.

The month of October concluded with Red Ribbon Week, an annual drug awareness and prevention campaign that encourages students to make healthy, drug-free choices. As the school moves into Trimester 2, counselors will continue to emphasize developing self-control and fostering healthy relationships with both oneself and others.

At White Mountains Regional High School

White Mountains Regional High School recently hosted a seven-member team of educators from New Hampshire and Maine as part of its New England Association of Schools and Colleges (NEASC) Decennial Accreditation Visit. Over the course of three days, the team engaged with students, staff, and administrators to assess the school's progress and culture.

The visiting educators praised the school's well-maintained campus, noting both the visible pride in the building's upkeep and the genuine Spartan spirit that was "seen and felt" throughout their time at WMRHS. They were impressed by the kindness and helpfulness shown by students and staff and commented on the positive, respectful interactions that define the school community.

During their visit, the team observed numerous classes, reviewed supporting documents, and experienced daily life at WMRHS firsthand. They also enjoyed exploring the school's trails and observing authentic, hands-on learning experiences—particularly the collaboration between the Diversified Agriculture and Culinary Arts programs during the swine butchering process.

Principal Ainsworth reflected, "The visiting team was incredibly supportive of the work being done at White Mountains Regional High School. They recognized the collective effort of our staff, students, and community in creating a learning environment where everyone feels valued and connected."

Accreditation through NEASC represents an ongoing commitment to excellence and continuous growth. The school will receive commendations and recommendations in the final report, expected in the coming weeks, which will help guide WMRHS as it continues to provide an exceptional education and ensure that every Spartan has a wealth of opportunities at their fingertips.