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

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At the Lancaster School

The Unified Arts team at LES has been actively engaging students in meaningful and creative learning experiences. In STEM classes with Ms. Garrett, students have been tackling holiday-themed challenges using a variety of tools and materials. This week's challenge involved building the tallest possible Christmas tree using cups. At the time of publication, the tallest tree reached an impressive height of 246 centimeters. Through this hands-on activity, students practiced cooperation, collaboration, patience, and perseverance.

In Art, students in Mrs. Zemla's classes have been creating gifts for others using felting, ceramics, and a variety of other media. Throughout the creative process, students are developing important skills such as caring for others, attention to detail, and working through mistakes.

The 5–8 Chorus students gave a wonderful performance at WMRHS on Monday, December 8. Under the guidance of Ms. Tobin, students are learning the importance of teamwork and listening to one another, with several students bravely performing solos. The team looks forward to the March concert during Music in Our Schools Month.

In Physical Education, students have been enjoying holiday-themed games while focusing on teamwork, building physical skills, and collaborating with peers. When students return in January, they will begin preparing for the Kids Heart Challenge.

At the Whitefield School

Students have been very busy in the music room this year. Fifth- and sixth-grade students, after mastering song creation with bucket drums, are revisiting the ukulele and working through the C chord progression. They will soon move on to the G and D progressions. Fourth-grade students are learning to play the xylophone while developing music-reading skills. Second- and third-grade students are enthusiastically playing handbells and learning holiday tunes through both vocal and instrumental music. Students in Pre-K through first grade are exploring triangles, scrapers, and jingle bells as they sing and play along with songs.

The third- through eighth-grade WES Chorus recently performed a holiday concert at White Mountain Regional High School on Monday evening, delivering a fantastic performance. For many students, this was their first experience performing on stage in front of a large audience.

WES/LES Theater will begin in January. Auditions have been completed, and a show will be selected based on the auditions. The WES/LES Theater program will also participate in the North Country Theater Festival at the Stratford School, and students are excited for the

opportunity to compete. Overall, the music program continues to foster creativity, enthusiasm, and a love of music.

At White Mountains Regional High School

This week at WMRHS, the AP Physics 1 class became honorary rocket scientists by conducting a rocket launch on campus. Rocketry is a powerful instructional tool for teaching fundamental physics concepts within an engaging, real-world context. For the initial launch, a pre-built rocket was used; however, students will construct their own rockets for continued exploration of this topic and will be able to use larger, more powerful engines as they further develop their rocketry skills.

Rocketry provides an effective demonstration of Sir Isaac Newton's laws of motion, particularly Newton's Third Law, which states that for every action there is an equal and opposite reaction. Rocket engines expel hot gases, producing an upward force that generates thrust and propels the rocket in the opposite direction. During the experiment, students also explored the concepts of conservation of linear momentum and impulse, which examines how a force is applied to an object over time. Students observed the effects of gravity and aerodynamic drag on rocket performance as well.

By collecting data on launch parameters such as initial mass, engine size, and flight trajectory, students performed calculations to determine key metrics, including acceleration, velocity, and maximum altitude (apogee). Students also developed force-versus-time graphs to compare theoretical predictions with actual results. These hands-on experiments help bridge the gap between classroom learning and real-world application, providing students with a deeper understanding of physics concepts.