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?

On episode #011, the podcast highlights the LES Card Club, the 4th Grade Fundraiser, and Community Connections. Glenn and Tanner open the episode with an introduction to the LES Card Club, Haidyn and Lil share details about the 4th Grade Fundraiser, and Mr. Buteau discusses the Community Connections basketball program between LES students and local law enforcement.

The podcast is available on Spotify, Apple Podcasts, iHeart Podcasts, and Amazon Music.

- Apple Podcasts: https://podcasts.apple.com/.../the-big-3.../id1836015591
- Spotify: https://open.spotify.com/show/03PNv3UieUCxdZqwKDePNO...
- Amazon Music: https://music.amazon.com/.../the-big-3---lancaster-school
- iHeart Podcasts: Search for *"The Big 3 - Lancaster School*

If any community members are interested in participating in a future episode, the school would love to expand beyond the district.

At the Whitefield School

The second graders have had an exciting and productive month! In math, students are mastering double-digit addition using number lines and are learning to tell time to the nearest five minutes. Their curiosity has shone through in their integrated science and writing project, where they researched bats and owls and created fun, informative reports to share their learning.

Wonderful progress is also evident during Walk to Read—students are enjoying their books, building confidence, and strengthening their reading skills each day. Additionally, the class successfully completed a Little Caesars Pizza fundraiser, raising funds to support upcoming field trips.

At White Mountains Regional High School

The Social Work Department at White Mountains Regional High School is extending warm holiday wishes to the entire school community. While the season is often filled with joy, excitement, and anticipation, the department also recognizes that it can bring moments of stress, anxiety, and feeling overwhelmed.

According to the department, many people experience heightened pressure during the holidays. Expectations—both those we place on ourselves and those we feel from others—can sometimes be unrealistic, leading to disappointment. Feelings of loneliness, loss, or grief may also surface more strongly at this time of year.

Staff members emphasize the importance of practicing healthy coping skills to navigate these emotions. They suggest techniques such as mindfulness and meditation, taking breaks from social situations when needed, and allowing oneself to decline activities that may cause added stress. Additional strategies include spending time outdoors for fresh air and sunlight, maintaining healthy eating and exercise habits, and seeking support when dealing with stress, anxiety, depression, or grief.

The Social Work Department encourages anyone in need of assistance to reach out to Student Support Services at any time.

They wish the entire WMRHS community a happy, healthy, and peaceful holiday season.