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# Governor Wentworth Regional School District

Brookfield, Effingham, New Durham, Ossipee, Tuftonboro, Wolfeboro

Post Office Box 190, Wolfeboro Falls, New Hampshire 03896-0190

*Helping Each Child Create the Future*

August 25, 2023

Dear Governor Wentworth Regional School District & Middleton Families,

Whether you are new to the community, entering a new school, or a returning student and family, faculty and staff are preparing to welcome you to the 2023-2024 school year. Information about meet & greets, open houses, and various start-of-school activities will be available on the school websites as well as at the bottom of this newsletter. We are eager to welcome our students in just a couple of weeks!

Here are a few ways your family can ease back into the school routine:

1. **Gradual Schedule Adjustment:** Start adjusting sleep schedules a week or two before school starts. Gradually shift bedtimes and wake-up times to align with the school routine.
2. **Establish a Routine:** Set a consistent daily routine that includes specific times for waking up, meals, homework, and relaxation. Predictability helps ease the transition.
3. **Create a Morning Checklist:** Develop a checklist for the morning routine, including tasks like brushing teeth, getting dressed, and packing bags. This minimizes last-minute stress.
4. **Prepare the Night Before:** Lay out clothes, pack bags, and prepare lunches the night before to streamline mornings.
5. **Designate Homework Time:** Allocate a specific time for homework and studying each day. Create a quiet, organized space conducive to focus.
6. **Limit Screen Time:** Gradually reduce screen time, especially before bedtime. Blue light from screens can interfere with sleep patterns.
7. **Practice Self-Care:** Encourage self-care activities like reading, meditation, or light exercise to manage stress and promote well-being.
8. **Healthy Eating Habits:** Plan balanced meals and snacks to support energy and concentration. Avoid heavy or sugary foods that can lead to energy crashes.
9. **Incorporate Physical Activity:** Include physical activity in the routine, whether it's a walk, jog, or quick workout. Exercise boosts mood and energy levels.
10. **Open Communication:** Keep lines of communication open with family members about the school routine. Address concerns, make adjustments, and support one another.

By implementing these strategies, you can help your family transition smoothly into the school routine while minimizing stress and maintaining a balanced lifestyle.

Sincerely,



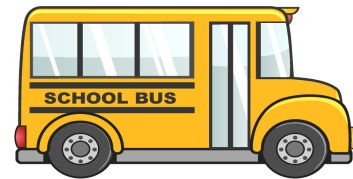
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## School Meals: Application Required for Free/ Reduced Lunch

The application process for free and reduced price meals is open online at [www.myschoolapps.com](http://www.myschoolapps.com) or families may fill out an application at any school within the district. Visit our Food Service web page for more information: [www.gwrsdfoodservice.org](http://www.gwrsdfoodservice.org).

## Transportation Updates

GWRSD routes are [posted on the Transportation page of the GWRSD.org](#) (Middleton routes are shared on Facebook). Please take note of your students' bus route and stop as there have been some changes made for this school year. It may be the case that the bus stop is farther away from your home than in years past due to driver shortages. As a result of the shortages, we have had to reduce the number of stops, combine select routes, and shift to a larger vehicle in some instances. We are striving to accommodate families as much as possible given the current situation with staffing, vehicles, and transportation resources. Thank you for your patience as we continue to be as strategic and accommodating while following the New Hampshire bus stop distance rules for students.



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## We're Hiring!

Please help us spread the word about our open positions! We are looking for caring individuals to work with our incredible students and staff. Prospective candidates can reach out to principals if they have questions about flexible hours.

Click the "[Employment](#)" link at the top of the district website for all GWRSD & Middleton employment information including locations & the application process.

## NH Education Department Information

- For all families with children covered by NH **Medicaid**, DHHS is asking all school districts to spread the word about the need to complete Medicaid redeterminations when they are due. Please share this printable [flyer](#) with your school communities. Let's help kids keep their health insurance coverage.
- NHED previously partnered with **Graduation Alliance** to provide 1-1 mentoring for students in need of an extra layer of support to boost school engagement and academic success. Students who choose to participate in the program will be assigned an academic coach at no cost. Call 603-758-3259 to get set up.
- Online, 24/7 **tutoring** is available at no cost for students in grades 6-12 through a partnership with Tutor.com. Students may [register](#) here. Please contact your school administrator to learn how KRMS & KRHS students can take advantage of this service through the "Clever" application
- **AmeriCorps** National Service positions are available. Volunteer NH operates an online hub for AmeriCorps opportunities in NH called Serve Learn Earn. Explore AmeriCorps opportunities that offer individuals a chance to serve NH communities, and provide a stipend and an education award to put towards higher education expenses. Visit [ServeLearnEarn](#) to learn more, or call 603-271-7200.

- Registration for [Waterford Upstart](#) is now open. All **PreK** children in New Hampshire entering kindergarten in the fall of 2024 are eligible to apply for the online, on-demand, adaptive learning program. Use it 15 minutes a day, five days a week to positively impact the learning experience of children alongside other resources and tools. Child care centers are also able to register children for the program to be utilized in their facilities. Waterford offers an online program, access to family coaches and a computer, if needed, at no cost. [Learn more about Upstart here.](#)

## Upcoming Events

<i>Date</i>	<i>Event</i>
<b>8/31</b>	KRHS Jump Start 7:25am-12:00pm KRMS Meet & Greet 2:00pm-3:00pm GWRSD K-6 Meet & Greets 3:00-4:00 Middleton Meet & Greet 4:00-5:00
<b>9/5</b>	First Day of School for Students
<b>9/11</b>	New Teacher Reception 4:00pm @ LRTC School Board Meeting 7:00pm @ KAC
<b>9/13</b>	KRMS Open House 6:00pm
<b>9/14</b>	KRHS and LRTC Open House 6:00pm
<b>9/20</b>	Crescent Lake Open House 6:00pm
<b>9/21</b>	Tuftonboro Central School Open House 5:00pm Carpenter School Open House 6:00pm
<b>9/27</b>	Ossipee Central School Open House 5:00pm Effingham Elementary School Open House 5:30pm New Durham School Open House 5:30pm
<b>10/2</b>	Middleton Open House 5:30pm

~ Go to <https://www.gwrSD.org/calendar> to view the full 2023-2024 GWRSD & MSD Calendar ~

