

# SOUHEGAN UPDATES

## OCTOBER 12 – OCTOBER 16



## COVID SAFETY REMINDER

Parents, we need your help!! Overall the students have been doing a great job remembering to keep masks up and distance. However, as their comfort level and familiarity increases, they will need reminders to keep up the good work. This is especially challenging during lunch time. It is more important than ever that we maintain the safe practices that allow us to be in person. I am asking that we all make an effort to support our students in following the expectations. Please take a moment to check in with your student and offer a reminder to follow the safety protocols. We are all in this together!! Thank you for your help!

## ABSENCES DUE TO ILLNESS (NON-COVID)

It's that time of year again! We are seeing the usual increase in sniffles and stomach bugs that inevitably happen each year at this time. If your student is not feeling well, please do the following:

- 1) Report the absence to Lynda Conely or leave a message on the attendance line at 673-9940 ext. 5100.
- 2) If you have questions or concern regarding the illness or symptoms, contact the school nurse, Denise Raymond at: 673-9940 ext. 5327.
- 3) Students should email their teachers and let them know they will be out sick. The teacher will then advise your student the best way to make up the missed work. **Students who are out sick should NOT inform teachers that they will "go remote for the day". Each teacher will determine the best way for making up the work missed due to an illness. It might involve joining the class via Zoom, but it should not be assumed this is the most appropriate way to manage the absence.**

## GRADE REPORTING TIMELINE

The mid-semester marking period for Seniors is November 13th. Mid-semester grades will be due on this date, so that we can update transcripts for college application purposes. Starting this week, Seniors will be introduced to the Empower Learning student portal so that they can view individual assessment scores and track their progress on learning targets.

November 13th is also a progress report date for students in Grades 9-11. Parents and Students will be able to access progress reports for students through the Empower Learning portal on Wednesday, November 18th. For information on how to log in to Empower, parents can visit the Empower Parent Portal page on the SAU website: <https://www.sau39.org/Page/2777>. For those parents who need additional help, we will be offering an Empower Parent Portal support session as part of our Open House on October 20th.

## IMPORTANT DATES

- 10/14: PSAT (SHS JUNIORS)
- 10/14: MODALITY FOR SEGMENT 4 DUE IN POW-ERSCHOOL
- 10/15: JUNIOR BOOK AWARDS—6:00PM
- 10/20: SHS VIRTUAL OPEN HOUSE—6:00PM
- 10/26: SCSB MEETING—6:00PM
- 11/2: CONFERENCE DAY—NO SCHOOL
- 11/3: ELECTION DAY/IN SERVICE DAY—NO SCHOOL
- 11/10: PICTURE MAKE UP DAY
- 11/11: VETERAN'S DAY—NO SCHOOL OFFICES CLOSED

## SOUHEGAN VIRTUAL OPEN HOUSE

Save the date to join us next Tuesday, October 20th, for a virtual open house evening, beginning at 6pm. We are planning a combination of live Zoom sessions and pre-recorded informational videos. More details will be sent before the event. We hope you will join us!

## SAU 39 SCHOOL YEAR FEEDBACK & TRAVEL SURVEY

Students please [CLICK HERE](#) to complete the following survey as we gather information to inform our decision making at Souhegan High School and in SAU 39. Thank you for your time.



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## THE SCRATCHING POST (SCHOOL STORE)

The School Store is still in operation this year online at <https://souhegan-high-school.square.site/> Due to changes in the way the High School is operating, the Scratching Post's physical location is not open. Online orders may be placed and a time must be chosen for pick up during the available hours.



Thank you for visiting and we appreciate your patience as we navigate this time!

## MINDFUL MINI

We are all spending a lot more time sitting- at desks, kitchen tables, even huddled away in the only quiet place in the house. It is causing a lot of strain on our minds and bodies. For this week's **Mindful Mini**, we would like for you to try some *Mindful Movement*. *Mindful Movement can help us more purposefully get ourselves up and moving. It can be a short walk, 10 min yoga, a stretch break, etc. In fact, any movement can be made mindful, if it is slowed down enough and awareness is placed solely on the body and what can be felt internally. Mindful movement is not about becoming more fit or flexible but about deepening the connection with our*

*body to improve mind/body awareness. Try adding a 10 min movement break to your day by taking a walk outside (without any electronics). Notice the change in temperature, the sound of rustling leaves, the smell of fall and the vibrant colors. Breathe deeply and intentionally. If you enjoy it, suggest it to your family and share what you experienced. Be Well, Traci and Sheelu*



## ATHLETICS

Picture day schedule is below. plan to be a little early, in your uniform and mask and social distance while you wait for your team's turn. Pictures will be taken Wednesday, October 14 In the amphitheater --the stone circle at the entrance to the school.

2:20 JV Boys Soccer	3:30 Golf	4:15 Boys Soccer
2:45 Spirit	3:45 Volleyball	4:30 Field Hockey—in the stadium
3:15 Cross Country	4:00 Girls Soccer	5:00 Football

Instead of the traditional order blanks families will order copies or packages through the link Sports form order link. [CLICK HERE](#) for the Sports form order link.

## THE CLAW

The Claw is Souhegan High School's digital magazine. The staff is composed of a student group of talented authors, journalists, photographers, cinematographers, and athletes dedicating our extracurricular time to celebrate the unique passions, interests, and intentions of our student body.

[CLICK HERE](#) to experience THE CLAW!

## REMOTE TEACHERS FOR SEGMENT 4

Carle, Nathan	Lemieux, Ryan
Clifton-Waite, Anne	Maddock, Kathy
Dowd, John	McDeed, Joann
Dreher, Steve	Sawyer, Jolene
Flythe, Jane	Spara, Jen
Gallo, Frank	Sturges, Jeanne
Gardocki, Laura	Sturges, Gavin
Gibbons, Aimee	Sullivan, Sarah
Jasinski, David	Therriault, Adam
Knox, Elisa	Tom, Vince
Kutcher, Nancy	Zingales, Cora

## IMPORTANT REMIND-

Student Modality selection for Segment 4 is due in PowerSchool on October 14th!

## CLICK ICONS TO FOLLOW US ON SOCIAL MEDIA

