

Welcome Back to School

15 August 2025

Dear WHS Students, Parents and Guardians,

I hope you all had a relaxing and enjoyable summer. The start of a new school year brings excitement and anticipation to all. The Winnacunnet staff and I wish to welcome our returning sophomores, juniors, and seniors, and we look forward to meeting our incoming freshmen and new students who have moved into our district from other communities.



Enclosed in this envelope you will find:

- Handbook Parent/Guardian Verification Page that **must be returned to school by September 12.**
- Armed Forces Recruiter Access letter (optional for juniors and seniors only), **due by September 12.**
- Winnacunnet Yearbook To Do List
- Winnachronicle Publication Schedule
- 2025-2026 Household Application for Free and Reduced-Price School Meals

Important Dates

Monday, Aug 25	First day for SST students
Tuesday, Aug. 26	Freshmen Only Orientation (First Year Students) 7:45 am – 2:30 pm Transfer Student Orientation (Lecture Hall) 9:30 am – 11:00 am
Wednesday, Aug. 27	Regular day schedule for all students, all classes held.
Thursday, Aug. 28	School Picture Day, Class Assemblies, Warrior Block Activities
Friday, Aug. 29	No School
Monday, Sep. 1	No School, Labor Day
Tues-Fri, Sep. 2 - 5	Regular Day, all classes held.

Freshman Orientation Schedule, August 26th (Freshman Students Only)

- 7:45 – 8:25 Gathering & Greeting - Auditorium
- 8:25 – 9:00 Freshman Seminar
- 9:05 – 2:30 Students Attend Modified Daily Schedule

Daily Schedule

The daily schedule includes six (6) blocks per day, a break after block 2, three (3) lunches (block 5), and Warrior Block.

Block	Start Time	End Time
Warning	7:40 AM	
1	7:45 AM	8:40 AM
2	8:44 AM	9:39 AM
Break	9:39 AM	9:47 AM
3	9:47 AM	10:42 AM
4	10:46 AM	11:41 AM
5A	11:44 AM	12:12 PM
5B	12:12 PM	12:40 PM
5C	12:40 PM	1:07 PM
Warrior Block	1:11 PM	1:31 PM
6	1:35 PM	2:30 PM

New Staff

Two staff members are returning this year:

- Roberta Tarsia - ESOL Teacher
- Laurie Barr - Special Services Case Manager/Reading Specialist

Several new staff members have joined us this year:

- Brian Miskinis - Technology Education/Woodworking
- Brian Woodworth - World Language/French
- Elizabeth Prior - Special Services BCBA
- Krista Guidebeck - Receptionist
- Christie Farris - Food Services
- Marisa Lesniak - Food Services

We also welcome several UNH students interning with our teachers:

- Sydney Lusher - PE with Pat Snow
- Ella Panyard - PE with Aubrey Belakonis
- Josephine Mitchel - Social Studies with Lara Johnson
- Olivia Filomeno - English with Katherine Ash

Bus Schedules

Bus schedules can be viewed on the website at [Bus Schedules](#). Buses will begin running their routes on Tuesday, August 26th.

Seacoast School of Technology (SST)

The first day for SST students is Monday, August 25th. While this is prior to Winnacunnet's start date, bus service will be provided for students attending SST. SST students need only to be here in time to catch the

bus for their session. Buses will leave at 9:00 am (mid-session) and 12:00 pm (pm session).

Student Attendance

Research and experience clearly indicate that regular attendance in school is an essential component of learning that leads to increased academic performance. Students are expected to be active participants in class by contributing with questions, comments, and connections, as well as notetaking/responding and preparing for, then leading or facilitating class or small group discussions. Critical thinking and attentive listening are demonstrated both in written reflections and verbal responses. To prepare students to be college-and-career ready, they are expected to attend and be on time for all scheduled classes and other activities which are announced as compulsory.

Failure to attend class without a valid excuse from a staff member or parent is considered a class cut and consequences will be assigned accordingly. The school day runs from 7:45 a.m. to 2:30 p.m. Students are required to be in school for the entire school day, except for seniors who are assigned a free block and open campus privileges. State Law RSA 189:35a indicates that 5 days (10 half days) of unexcused absences constitutes truancy.

If a student has a total of ten (10) absences in a course per trimester they will be required to meet with the grade-level assistant principal and school counselor to discuss the student's attendance. The student will be put on "academic probation" and will lose certain privileges as determined by an administrator. This includes but is not limited to participation in field trips, loss of parking privileges, participation in extracurricular activities including athletics, and/or a loss of a free block. A parent/student meeting will be required with the school counselor and grade-level assistant principal to review probationary consequences and develop a strategy for the remainder of the trimester.

If a student is going to be absent from school due to illness, or other reasonable circumstances, the student's parent/guardian is to phone the school attendance administrative assistant (926-3395) before 8:30 A.M. to inform the school of the expected absence. The school administration has the right to determine whether the absence is verified or exempt.

The attendance office will notify the school nurse and grade level administrator of any absences of three or more consecutive days.

Upon receipt of a parent/guardian's notification, the attendance administrative assistant will record the absence as verified by the parent/guardian. Students are responsible for meeting with teachers within 24 hours of their return to school to determine a plan to make up missed work in a timely fashion.

Students, regardless of age, are not permitted to write or sign a tardy, a dismissal, or an absent note. Forging a note and/or a false telephone report is a serious violation of the policies within the Parent/Student Handbook and consequences will be administered

Cell Phones

A recent New Hampshire law includes a "bell-to-bell" cell phone ban policy (2025 N.H. Laws Chapter 141. Section 455 141:455). The policy "prohibits all personal communication devices used by students from when the first bell rings to start instructional time until the dismissal bell rings to end the academic school day..."

Personal communication devices are defined as any non-district provided internet/ cellular-capable device that can support voice or video calls, texts, emails, or instant messages. Personal communication devices include, but are not limited to: cellphones, tablets, laptops, iPads, earbuds, headphones, e-readers (e.g. Kindle), electronic games and smartwatches.

As a result of this new law, while students may possess a cell phone and privately owned electronic devices, they must always remain off and out of sight during the school day (7:30 A.M. – 2:30 P.M.). This includes:

- Classrooms (all classes, study halls, Warrior Block)
- Library
- Offices
- In the hallway between classes
- During break
- During lunch
- Dining Hall
- During assemblies or other school activities.

Consequences for using a cell phone or privately owned electronic devices during the school day will include warnings, parent/guardian meetings, confiscation by the administrator for duration of the school day, providing the device to an administrator at the outset of each school day, out-of-school suspension, or referral to the superintendent.

Comcast Internet Essentials

The Comcast Internet Essentials Program provides reduced cost home internet. Internet Essentials costs \$14.95 per month. There are no price increases, no activation fees or equipment rental fees. In addition, families can buy a low-cost computer through the plan for \$149.99. For eligibility and information about this program, students/ families can visit <https://www.xfinity.com/learn/internet-service/internet-essentials/apply> or call 1-855-8-INTERNET (1-855-846-8376).

Technology Resources

Every member of the Class of 2029 will be provided a Dell 3110 2-in-1 Chromebook device. Like a textbook, these computers will remain in the possession of students during the school year. Once students are eligible for graduation, they can assume ownership of the device.

With these devices, along with GSuite applications, Winnacunnet students will have dependable and convenient access to valuable online resources and reliable computer access wherever the student has an internet connection. GSuite is easy to use and is a very efficient way to manage email, calendars, documents, and store digital files. GSuite also includes programs such as word processing, spreadsheets, and presentations for student use. Google Classroom is available for sharing school assignments and curricular resources.

In addition to PowerSchool, all students have a Winnacunnet High School email account using Google Workspace for Education services. The student email format is:

firstname.lastname@winnacunnet.org

For more information on the technology available to students, see the IT Services page at [IT Services](#).

Securly

Winnacunnet High School uses Securly's cloud-based web filter for schools. Securly provides school administrators with visibility into the online activity of students 24/7, both on and off campus. Browsing history is archived and detailed reports are available for download. The high school administration will receive email notifications for flagged content corresponding to potential cyberbullying, suicide, and acts of violence based on Securly's sophisticated AI engine. School-provided WHS Gmail accounts, and Google Drive folders are also scanned in real-time and trigger alerts based upon flagged content.

Traffic Plan

To ease the potential congestion associated with student drop off/pickup, please follow the guidelines below:

- Parents who drop off students may enter the property either by Park Avenue or Winnacunnet Road. Students should not be dropped off prior to 7:15 a.m. Parents should exit the property at the Park Avenue entrance.
- For student pickup at the close of school, please do not block the travel lanes into the school. A suggestion is to wait in the senior parking lot or arrive after the buses leave at approximately 2:35 p.m.
- There is no parking, stopping, or standing at the following areas:
 - Landing Road between the Gym Lot and Park Avenue
 - Along Alumni Drive in front of the Gym
- To ease congestion behind the Gym and to facilitate departure of athletic buses, student pickup in the gym lot is not permitted until after 2:45 p.m.
- Please do not pass the buses when dropping off/picking up students when the red lights are flashing.

Locker Assignments

Any student may request a locker at any time in the Facilities Office. Please remember that students are responsible for securing their personal and school property. Too often we find students leaving their belongings out and unsecured. Students are issued locks for physical education lockers.

Communication Plan

A weekly Principal's Message will be posted on the website. An email notification will be sent out when the message has been posted, as well as links to various updates. We will be posting our handbooks, bus routes, school calendars, calendar of events, athletic schedules, code of conduct, directions to athletic facilities, and our school delays and cancellations on our website at www.winnacunnet.org. Please bookmark this web address and look at the information when you have questions.

In our continuing effort to increase communication and to celebrate all the positive things that occur daily at Winnacunnet, we have developed an official social media presence for Winnacunnet High School on Twitter and Facebook. The Twitter handle is **@winnacunnet** and the Facebook (business page) is **Winnacunnet High School**. The community is also invited to receive daily announcements via email. Go to winnacunnet.org Quick Links to subscribe. Announcements include up to date information on subjects such as upcoming testing, clubs and activities, sports schedules, class information, and the lunch menu.

Staff can be contacted by calling 926-3395 or by emailing us using our

firstinitiallastname@winnacunnet.org.

For example, my email is

wmcgowan@winnacunnet.org.

You will be able to find a complete staff roster in our handbook and on our website.

Important Phone Numbers:

Front Office	926-3395
Guidance Office	926-8769
Athletics	926-9604
Special Services	926-3658
Student Activities	758-9250
Nurses' Office	758-9738 (9292)
Office of the Superintendent	926-8992
Bus Company	964-2322

Application for Free and Reduced Meals

Families requiring assistance with breakfast and lunch costs can apply for free and reduced meals. Instructions to complete the application are available at [F&R Meal Instructions](#). An online application is available at [F&R Meal Online Application](#). A paper application is available at [F&R Meal Paper Application](#).

Applications can be returned to school with your student or mailed to the attention of the School Nutrition Director, Maureen Cooper. Please note that only one application per family is necessary. The information provided on the application is confidential and will be used only for the purpose of determining eligibility and verifying data.

Lunch Menu

[August](#)
[September](#)

Annual Notice

In compliance with the Family Educational Rights and Privacy Act (FERPA), parents/guardians and adult students need to be provided with an annual notice of their rights to inspect and review education records, to amend education records, to consent to disclose personally identifiable information in education records, and to file a complaint. The Winnacunnet School District Policy JRA: Family Educational Rights and Privacy Act (FERPA) is included in the Student/Parent Handbook 2025 – 2026 and can also be viewed at [FERPA](#).

Student/Parent Handbook

A digital copy of the Student/Parent Handbook will be posted on the school website (www.winnacunnet.org) and automatically bookmarked for all students on their computers. Hard copies will be available in the main office and assistant principal's offices.

Please review the handbook with your child as it contains information covering faculty and staff members, bell schedules, school calendar, guidance and counseling services, academic policies, the code of conduct and general policies.

Enclosed is the Handbook Parent/Guardian Verification Page. Parents/Guardians and students must sign the verification page indicating that they have read and understand the rules and expectations at Winnacunnet High School. If you have any questions regarding the information in this handbook, you may call an assistant principal for explanation or assistance.

Sign-ups for Athletics and Clubs

Students interested in fall sports can sign-up by stopping by the Athletic Director's office in the Physical Education facility before or after school. Athletic schedules and updates will be posted on the

website at www.winnacunnet.org/athletics/ or by following us on Twitter @winnawar.

Students interested in joining a club should stop by the Activities Office before or after school. All freshmen will participate in an activity fair scheduled in October, and displays will be available for viewing the evening of parent conferences.

Parking Privileges

Seniors, juniors, and students who receive school-day internships will be allowed to park this year if they maintain "good academic and behavioral standing." The handbook provides more information about what constitutes "good standing." The yearly parking fee is \$50.00. Student motor vehicles without stickers or vehicles parked in the staff spaces will be towed at their owner's expense.

PowerSchool

The parent portal is a valuable tool that allows parents to view their child's grades and attendance. Previous parent passwords are still active, and parents can log into PowerSchool at winnacunnet.powerschool.com

Upperclassmen and/or transfer student parents who did not receive passwords last year can obtain one by contacting the Guidance Office. Parents of incoming freshmen will be receiving the password within the first two weeks of school upon completing the Parent/Guardian Verification Form.

Student's schedules will be available on the PowerSchool portal prior to the first day of school. Please use the schedule on PowerSchool as it is the most up to date schedule. Freshmen will receive their schedules during Fresh Start. Freshmen who do not attend Fresh Start will receive their schedules in the mail.

PowerSchool Required Student Updates

The WHS online Required Student Updates forms for 2025 – 2026 will be available directly via the WHS Parent Portal. This process replaces the paper forms sent home at the beginning of each school year. Parents will use the PowerSchool Parent Portal account to access the required forms. These forms are required to be updated yearly.

**** Please remember to enter the parent/guardian email address(es) in the Contact 1 and Contact 2***

*email address fields. These will be the emails we use for all future correspondence. If you leave the email address field(s) blank when submitting the form, the system reads this as a change and will remove the email address(es) from our records. **

Additionally, this year, parents/guardians will be required to complete a proof of residency affidavit and include copies of documents establishing residence (e.g. Copy of a lease, a utility bill, a telephone bill, and/or guardianship or custody order). An additional email will be separately outlining the procedure to submit this information..

School Calendar

There are two calendars available for viewing on the website. One is the event calendar that lists the daily activities and events: [Events Calendar](#)

The second calendar is an academic calendar that provides a monthly view of the school year: [Academic Calendar](#)

Friends of Winnacunnet Foundation

Parents looking for ways to get involved in your child's education, can consider getting involved with the Friends of Winnacunnet Foundation. This non-profit organization was formed in 2005 and awards grants bi-annually to enrich the educational experience of Winnacunnet students. This dedicated group of volunteers has dispersed over \$75,000 in educational grants and raised nearly \$100,000 toward an endowment. They meet regularly on the second Monday of each month at 6:30 pm in the Principal's Conference room, (B108) near the Front Office. Winnacunnet is very fortunate to have this organization and would welcome any new volunteers.

In closing, I want to say how excited we are to meet our new students and greet our upperclassmen returning from summer break. If students or parents have any questions, please contact us at 926-3395 or one of the numbers listed in this letter.

Sincerely,



William F. McGowan
Principal

**Winnacunnet High School
Student/ Parent Handbook
2025-2026**

Parent/Guardian and Student Acknowledgement of Receipt

After reading and discussing the contents of this Handbook with your student, please sign below. **Have your student return it to his/her Advisor in Warrior Block by September 12, 2025.** Thank you!

By signing below, we acknowledge that we have read and understand the contents of this Handbook. We agree to abide by all the rules, regulations and requirements contained herein.

Parent Guardian Name (please print)

Cell Phone

Parent/Guardian Signature

Date

Student Signature

Date

YEARBOOK TO-DO LIST

How to Have a Picture-Perfect Year!



BUY YOUR BOOK: Go to jostens.com now to get the best rate all year! If you want to pay by cash or check, see Mrs. Ash in E101.



SUBMIT PHOTOS: We want YOUR pictures of games, pep rallies, events and more! Share them with us at photos.jostens.com.



SIGN UP FOR EMAILS: Look for the link in the daily announcements to [sign up](#) for updates from Jostens and the yearbook staff!



FOLLOW OUR SOCIALS: find us ([winna.yb](#)) at facebook.com/winna.yb, instagram.com/winna.yb and tiktok.com/@winna.yb.



VISIT OUR WEBSITE: Everything you need to know, including all of the links for the checklist items above, is at winnayb.com!



GET INVOLVED: There are so many ways you can be a part of the yearbook process! See Mrs. Ash in E101 or [email us](#) to find out more.



Questions? Email yearbook@warriors.winnacunnet.org

SENIOR YEARBOOK CHECKLIST

Hi, Class of 2026! We're excited to create your senior yearbook. Please carefully follow these instructions to buy your senior yearbook and send us everything we need to include you! **Parents/guardians:** be sure to check out the information on Page 2.

ORDER YOUR YEARBOOK

- ☐ Go to Jostens.com before **Oct. 24** to order your book for **\$80**.
- ☐ Starting **Oct. 25**, the price will increase to **\$85**. This price lasts until the spring, and/or until books sell out.
- ☐ Payment plans are available.
- ☐ Look in the mail for the Jostens postcard, which will include free icons when you add your name.

2026 GOOGLE CLASSROOM

- ☐ Check your email at the start of the year to join Google Classroom.
- ☐ You will submit **all of the following** on Google Classroom by **Oct. 24**:
 - ☐ Your senior portrait.
 - ☐ Your baby photo.
 - ☐ Your prom photos.
 - ☐ Your senior sketch.
 - ☐ Your vote for the dedication.
 - ☐ Your votes for senior superlatives.
 - ☐ Your answers to the senior survey.
 - ☐ Your name as you would like it to appear with your senior portrait.

SENIOR PORTRAIT

- ☐ Take and submit one photo by **Oct. 24**. There are several ways to get your senior picture taken:
 - ☐ Schedule your appointment with Geskus, our school photographer, or another photography company.
 - ☐ Ask a family member or friend to take your photo.
 - ☐ Use your school photo.
- ☐ Make sure that you understand these policies:
 - ☐ Senior portraits will be in color in the yearbook, unless you submit a black and white photo.
 - ☐ Portraits may be cropped/resized to make them fit in the layout. They may also be adjusted for resolution and brightness/contrast.
 - ☐ No props, per school rules. If you are not sure if a prop is acceptable, ask Mrs. Ash first.
- ☐ If your photo is inappropriate, we will email you for a replacement photo. If we do not receive one by **Oct. 24**, we will use your ID photo.

BABY PHOTO

- ☐ Submit **one photo** by **Oct. 24**.
- ☐ Make sure the photo is 300 pixels per inch and in jpg, tiff or png format.
- ☐ FYI, we do not put names with these photos.

PROM PHOTOS

- ☐ Submit your photos from last year's prom by **Oct. 24**.
- ☐ We have a limited amount of space, so not all photos will be published; however, the more we receive by the due date, the more people we can include, from all social groups!
- ☐ Only school appropriate photos will be accepted.

SENIOR SKETCH

- ☐ Submit your sketch by **Oct. 24**.
- ☐ Keep the length to 250 characters or fewer – this includes spaces and punctuation.
- ☐ **No quotes allowed** – only your own heartfelt message.

YOUR NAME

- ☐ Submit your name as you want it to appear in the book by **Oct. 24**.
- ☐ Your first and last name will appear as they do in PowerSchool.
- ☐ You may include your middle name(s).
- ☐ Names that are not in PowerSchool (ex. nicknames) can only be used if approved by parents/guardians.

SURVEYS

- ☐ Complete the survey, dedication, and superlatives by **Oct. 24**.
- ☐ This is your senior yearbook! You should participate so the book reflects you and the senior class.

NON-TRADITIONAL SENIORS

- ☐ Contact the yearbook staff if you are a senior, but not listed as a senior.
- ☐ Maybe you are graduating early, or you have missing credits so you are listed as a junior, or you're a transfer.
- ☐ Email us so we can send you all the info you need.

CLASS OF 2026 PARENTS/GUARDIANS

- ☐ Purchase a parent recognition ad by **Feb. 5**. Tell your student how much they mean to you! You can also purchase an ad to honor a group of friends, employees or troop members, etc. Ads can be designed at Jostens.com.



SENIORS: DON'T MISS YOUR CLASS PHOTO!

THURSDAY, AUGUST 28
8:30 AM
WINNACUNNET GYM

EMAIL YEARBOOK@WARRIORS.WINNACUNNET.ORG

*Want to know what's going on at WHS?
Then subscribe today for this coming year's volume of
the school newspaper...*

A great gift idea for students, family or friends

Don't miss one edition of the 2025-26

Winnachronicle

**All editions
for only ~~\$20~~ \$10**

Subscribe today!

Drop this form off in the front office or mail to:

**The Winnachronicle
c/o Winnacunnet High School
1 Alumni Drive
Hampton, NH 03842**

winnachronicle@warriors.winnacunnet.org

-----cut-----cut-----cut-----

Name: _____

Mailing Address: _____

Home phone number: _____

(Please make check payable to The Winnachronicle)

The Winnachronicle

Publication Schedule 2025-2026

November 19, 2025

March 11, 2026

June 3, 2026*

(*senior edition)

(Deadline for articles or letters is 2 weeks before publication date)

**Editor-in-Chief:
TBD**

Adviser: Brandon Michaud

**Contact us at
bmichaud@warriors.winnacunnet.org**

We're looking for students to help revitalize:

www.winnachronicle.com



WINNACHRONICLE

Social Media, Business Editor, Cartoonists and more!

August 2025

Dear Parents of Juniors and Seniors:

Under the Every Student Succeeds Act (ESSA), upon request of a military recruiter or institution of higher education, each local educational agency (LEA) receiving assistance shall provide access to the name, address, and telephone listing of each secondary student served by the LEA, unless the parent has submitted a prior written request that the listing not be released. LEAs must notify parents of this option. 20 U.S.C. § 7908. The Every Student Succeeds Act (ESSA) requires notification to parents of their rights to opt out of sharing directory information with institutions of higher education or military recruiters.

If a student, or the parents of a student under the age of 18, requests such information not be released without prior written parental consent, their wishes must be complied with and such information will not be included in the listing given to the Armed Services or Institution of Higher Education.

If you as a student, or the parents of a student under the age of 18, **do not** wish the above information be disclosed, please return this form to the Winnacunnet High School Guidance Office, attention Karen Langmaid, before Friday, November 21st. Your name will be released unless you notify us. If you have indicated that you did not wish to have your name released as a junior and you are now a senior, you must indicate again that you do not wish to have your name released.

The lists will be available to the Armed Forces recruiters after December 5, 2025.

Sincerely,

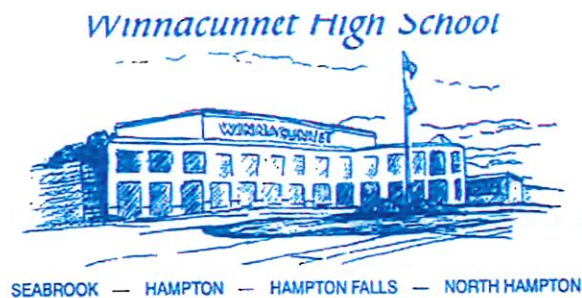
Heather Cronan
Director of School Counseling

Student name: _____

Grade: _____

The above named student **does not** wish his/her name be included on the (please check)

- ☐ Armed Forces Recruiter listing
- ☐ Institution of High Education listing



SCHOOL YEAR 2025-2026

FREQUENTLY ASKED QUESTIONS ABOUT

FREE AND REDUCED-PRICE SCHOOL MEALS UNDER THE

UNITED STATES DEPARTMENT OF AGRICULTURE (USDA)

NATIONAL SCHOOL LUNCH PROGRAM (NSLP)

Dear Parent/Guardian:

Winnacunnet Cooperative School District offers healthy meals every school day under the USDA National School Lunch Program. Winnacunnet High School has priced meals at \$2.65 for Breakfast and \$4.00 for Lunch. Your children may qualify for free meals or for reduced-price meals under this program. If your household qualifies for reduced-priced meals, **Breakfast would be at no cost and lunch would be priced at \$0.40.** Below are some common questions and answers to aid in the process of determining your child's eligibility.

WHO CAN GET FREE OR REDUCED PRICE MEALS?

All children in households receiving benefits from **NH SNAP** or **NH TANF**, are eligible for free meals.

Foster children that are under the legal responsibility of a foster care agency or court are eligible for free meals.

Children participating in their school's Head Start program are eligible for free meals.

Children who meet the definition of homeless, runaway, or migrant are eligible for free meals.

Children may receive free or reduced-price meals if your household's income is within the limits set by the Federal Income Eligibility Guidelines in the chart below.

Income Guidelines for Child Nutrition Programs: July 1, 2025, to June 30, 2026

Household size	Annual	Monthly	Twice per month	Every two weeks	Weekly
1	28,953	2,413	1,207	1,114	557
2	39,128	3,261	1,631	1,505	753
3	49,303	4,109	2,055	1,897	949
4	59,478	4,957	2,479	2,288	1,144
5	69,653	5,805	2,903	2,679	1,340
6	79,828	6,653	3,327	3,071	1,536
7	90,003	7,501	3,751	3,462	1,731
8	100,178	8,349	4,175	3,853	1,927
For each additional family member, add	10,175	848	424	392	196

Updated 6/2025

2. HOW DO I KNOW IF MY CHILD(REN) QUALIFY AS HOMELESS, MIGRANT, OR RUNAWAY?

- Do the members of your household lack a permanent address? Are you staying together in a shelter, hotel, or other temporary housing arrangement? Does your family relocate on a seasonal basis? Are any children living with you who have chosen to leave their prior family or household? If you believe children in your household meet these descriptions and haven't been told your children will get free meals, please call or e-mail Talley Westerberg, twesterberg@warriors.winnacunnet.org, 603-926-3395 x236.

3. DO I NEED TO FILL OUT AN APPLICATION FOR EACH CHILD?

- No. *Use one Free and Reduced-Price School Meals Application for all students in your household.* We cannot approve an application that is not complete, so be sure to fill out all required information. Return the completed application to; Maureen Cooper: School Nutrition Director: 1 Alumni Drive, Hampton, NH 03842: 603-758-9261

4. SHOULD I FILL OUT AN APPLICATION IF I RECEIVED A LETTER THIS SCHOOL YEAR SAYING MY CHILD(REN) ARE ALREADY APPROVED FOR FREE MEALS?

- No, but please read the letter you got carefully and follow the instructions. If any children in your household were missing from your eligibility notification, contact Maureen Cooper: School Nutrition Director: 1 Alumni Drive, Hampton, NH 03842: 603-758-9261 immediately.

5. CAN I APPLY ONLINE?

- Yes! You are encouraged to complete an online application instead of a paper application if you are able. The online application has the same requirements and will ask you for the same information as the paper application. Visit: <https://www2.myschoolapps.com/> (Search for SAU 21) to begin or to learn more about the online application process. Contact Maureen Cooper:

Updated 6/2025

School Nutrition Director: 1 Alumni Drive, Hampton, NH 03842: 603-758-9261 if you have any questions about the online application.

6. MY APPLICATION WAS APPROVED LAST YEAR. DO I NEED TO FILL OUT A NEW ONE?

- Yes. The application is only good for that school year and for the first few days of this school year. You must send in a new application unless the school has informed you that your child is eligible for the new school year.

7. I GET WIC. CAN MY CHILD(REN) GET FREE MEALS?

- Children in households participating in WIC may be eligible for free or reduced-price meals. Please apply for meals through the income application.

8. WILL THE INFORMATION I GIVE BE CHECKED?

- Yes. We may also ask you to send written proof of the household income you report.

9. IF I DON'T QUALIFY NOW, MAY I APPLY LATER?

- Yes. You may apply at any time during the school year. For example, children with a parent or guardian who becomes unemployed may become eligible for free and reduced-price meals if the household income drops below the income limit.

10. WHAT IF I DISAGREE WITH THE SCHOOL'S DECISION ABOUT MY APPLICATION?

- You should talk to school officials. You also may ask for a hearing by calling or writing to:
MATTHEW FERREIRA: ASSOCIATE SUPERINTENDENT FOR FINANCE AND OPERATIONS: 2 ALUMNI DRIVE, HAMPTON, NH 03842: 603-926-8992 X107: MFERREIRA@SAU21.ORG.

11. MY I APPLY IF SOMEONE IN MY HOUSEHOLD IS NOT A U.S. CITIZEN?

- Yes. You, your children, or other household members do not have to be U.S. citizens to apply for free or reduced-price meals.

12. WHAT IF MY INCOME IS NOT ALWAYS THE SAME?

- List the amount that you normally receive. For example, if you normally make \$1000 each month, but you missed some work last month and only made \$900, put down that you made \$1000 per month. If you normally get overtime, include it, but do not include it if you only work overtime sometimes. If you have lost a job or had your hours or wages reduced, use your current income.

13. WHAT IF SOME HOUSEHOLD MEMBERS HAVE NO INCOME TO REPORT?

- Household members may not receive some types of income we ask you to report on the application or may not receive income at all. Whenever this happens, please write a 0 in the field. However, if any income fields are left empty or blank, those will also be counted as zero. Please be careful when leaving income fields blank, as we will assume you meant to do so.

14. WE ARE IN THE MILITARY; DO WE REPORT OUR INCOME DIFFERENTLY?

- Your basic pay and cash bonus must be reported as income. If you get any cash value

allowances for off-base housing, food, or clothing, or receive Family Subsistence Supplemental Allowance payments, it must also be included as income. However, if your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income. Any additional combat pay resulting from deployment is also excluded from income.

15. WHAT IF THERE ISN'T ENOUGH SPACE ON THE APPLICATION FOR MY FAMILY?

- List any additional household members on a separate piece of paper and attach it to your application. Contact Maureen Cooper: School Nutrition Director: 1 Alumni Drive, Hampton, NH 03842: 603-758-9261 to receive a second application.

16. MY FAMILY NEEDS MORE HELP, ARE THERE OTHER PROGRAMS WE MIGHT APPLY FOR?

- To find out how to apply for **SNAP, TANF, FDPIR** or other assistance benefits, contact your local assistance office or call **603 271-9700 or 844-275-3447**.

If you have other questions or need help, call 603-758-9261.

Sincerely,



(Signature)

Maureen Cooper School Nutrition Director

(Print Name and Title)

USDA is an equal opportunity provider, employer, and lender.

Winnacunnet High School



United States Department of Agriculture

Application Prototype Cover Page

OMB Number: 0584-0026
Expiration Date: 07/31/2023

This information is being collected to assist the Food and Nutrition Service (FNS) in providing program operators an application prototype for participation in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). This application prototype meets all of the regulatory requirements. While it is voluntary for program operators to use this application prototype, the information it collects is required for applicants to obtain program benefits in accordance with the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. § 1758). FNS does not use the information collected at the local level. This collection requests personally identifiable information under the Privacy Act of 1974; all responses are to be kept private to the extent provided by law. According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The OMB control number for this information collection is 0584-0026. The time required to complete this information collection is estimated to average 7 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Child Nutrition, Office of Policy Support, 1320 Braddock Place, 5th Floor, Alexandria, VA 22314, ATTN: PRA (0584-0026). Do **not** return the completed form to this address.

USDA is an Equal Opportunity Provider, Employer and Lender

How To Apply for Free and Reduced Price School Meals

Please use these instructions to help you fill out the application for free and reduced price school meals. You only need to submit one application per household, **even if your children attend more than one school in the SAU 21 School District.**

The application must be filled out completely to determine the eligibility of your child(ren) for free or reduced price school meals. Please follow these instructions in order! Each step of the instructions is the same as the steps on your application. If at any time you are not sure what to do next, please contact Winnacunnet School District: 603-758-9261 or mcooper@warriors.winnacunnet.org

Please use a pen (not a pencil) when filling out the application and do your best to print clearly.

Step 1: List ALL children, infants, and students up to and including grade 12

Tell us how many infants/toddlers, children not in school, and elementary/middle/high school students live in your household. They do NOT have to be related to you to be a part of your household.

Who should I list here? When filling out this section, please include ALL members in your household who are:

- Children age 18 or under AND are supported with the household's income;
- In your care under a formal foster arrangement through a court or state/local agency, or qualify as homeless, migrant, or runaway youth;
- Students attending (regardless of age) SAU 21: Winnacunnet, Hampton Falls, North Hampton, Seabrook or South Hampton

<p>A) List each child's name. Print each child's name. Use one line of the application for each child. When printing names, write one letter in each box. Stop if you run out of space. If there are more children present than lines on the application, attach a second piece of paper (or a second application if completing electronically) with all required information for the additional children. This also applies to adults in Step 3. "MI" is short for middle initial. Print the first letter of each child's middle name in the box.</p>	<p>B) Is the child a student? If "Yes," write the grade level of the student in the "Grade" column to the right.</p> <p>C) Do you have any foster children? If any children listed are foster children, mark the "Foster Child" box next to the child's name. If you are ONLY applying for foster children, after finishing Step 1, go to Step 4.</p> <p>Foster children who live with you may count as members of your household and should be listed on your application. If you are applying for both foster and non-foster children, go to Step 3. Note: Adopted children are not considered foster children. A foster child is a minor child who has been taken into state custody and placed with a state-licensed adult, who cares for the child in place of their parent or guardian.</p>	<p>D) Are any children homeless, migrant, or runaway? If you believe any child listed in this section meets this description, mark the "Homeless, Migrant, Runaway" box next to the child's name and complete all steps of the application. Homeless, Migrant, Runaway status must be confirmed with the appropriate program staff. If the school district cannot confirm your student's homeless, migrant, or runaway status, then the school district will contact you to complete an income-based application. You may choose to provide income information now in order to prevent the school district from potentially needing to contact you later.</p>
---	---	--

Step 2: Do any household members currently participate in SNAP, TANF, or FDPIR?

If anyone in your household (including you) currently participates in one or more of the assistance programs listed below, your children are eligible for free school meals:

- The Supplemental Nutrition Assistance Program (SNAP) or (603) 271-9700
- Temporary Assistance for Needy Families (TANF) or (603) 271-9700
- The Food Distribution Program on Indian Reservations (FDPIR).

A) If no one in your household participates in any of the above listed programs:

- Check "No" in Step 2 and go to Step 3.

B) If anyone in your household participates in any of the above listed programs:

- Write a case number for SNAP, TANF, or FDPIR. You only need to provide one case number. If you participate in one of these programs and do not know your case number, contact:
(603) 271-9700 - NH Department of Health and Human Services (DHHS)
- Go to Step 4.

Step 3: List ALL household members and income for each member

How do I report my income?

- Use the lists titled "Sources of Income" & "Examples of Income for Children," on the back side of the application form to determine if your household has income to report.
- Report all amounts in GROSS INCOME ONLY. Report all income in whole dollars. Do not include cents.
 - Gross income is the total income received **before** taxes and deductions.
 - Many people think of income as the amount they "take home" and not the total, "gross" amount. Make sure that the income you report on this application has NOT been reduced to pay for taxes, insurance premiums, or any other amounts taken from your pay.
- Write a "0" in any fields where there is no income to report. Any income fields left empty or blank will also be counted as a zero. If you write "0" or leave any fields blank, you are certifying (promising) that there is no income to report. If local officials suspect that your household income was reported incorrectly, your application will be investigated.
- Mark how often each type of income is received using the check boxes to the right of each field.

3.A. Report income earned by adults

Who should I list here?

- When filling out this section, please include ALL adult members in your household who are living with you and share income and expenses, even if they are not related and even if they do not receive income of their own.
- **Do NOT include:**
 - People who live with you but are not supported by your household's income AND do not contribute income to your household.
 - Infants, children and students already listed in Step 1.

Step 3: List ALL household members and income for each member

1) List adult household members' names.

Print the name of each household member in the boxes marked "Names of Adult Household Members (First and Last)." Include college students, unless they are declared independently on taxes (all college students are considered adults). Do not list any household members you listed in Step 1.

2) List earnings from work.

List all income from work in the "Earnings from Work" field on the application. This is usually the money received from working at jobs. If you are a self-employed business or farm owner, you will report your net income. Net income is your income after taxes and deductions have been subtracted.

- **What if I have multiple jobs?** List each job separately by entering your name and income from each job on a new line. Add an additional sheet of paper if necessary.
- **What if I am self-employed?** List income from your business as a net amount. This net amount is calculated by subtracting the total operating expenses of your business from its gross receipts (revenue). Gross receipts or revenue are all the income earned from the sale of any products or services offered.

If a child listed in Step 1 has income, follow the instructions in Step 3, Part B.

3) List income from public assistance/child support/alimony.

List all income that applies in the "Public Assistance/Child Support/Alimony" field on the application. Do not report the cash value of any public assistance benefits NOT listed on the chart. If income is received from child support or alimony, only report court-ordered payments. Informal but regular payments should be reported as "other" income in the next part.

4) List income from pensions/retirement/all other income.

List all income that applies in the "Pensions/Retirement/All Other Income" field on the application.

- **What if I receive income from multiple sources in this category?** List each source separately by entering your name and income from each source on a new line. Add an additional sheet of paper if necessary.

5) List total household size.

Enter the total number of household members in the field "Total Household Members (Children and Adults)." This number MUST be equal to the number of household members listed in Step 1 and Step 3. If there are any members of your household that you have not listed on the application, go back and add them. It is very important to list all household members, as the size of your household affects your eligibility for free and reduced price meals.

6) Provide the last four digits of your Social Security Number.

An adult household member must enter the last four digits of their Social Security Number in the space provided. You are eligible to apply for benefits even if you do not have a Social Security Number. If no adult household members have a Social Security Number, leave this space blank and mark the box to the right labeled "Check if no Social Security Number."

3.B List income earned by children

List all income earned or received by children.

List the combined gross income for ALL children listed in Step 1 in your household in the box marked "Child Income." Only count foster children's income if you are applying for them together with the rest of your household.

- **What is Child Income?** Child income is money received from outside your household that is paid DIRECTLY to your children. Many households do not have any child income.

Step 4: Contact information and adult signature

All applications must be signed by an adult member of the household. By signing the application, that household member is promising that all information has been truthfully and completely reported. Before completing this section, please also make sure you have read the statements on the back of the application.

A) Provide your contact information. Write your current mailing address in the fields provided, if this information is available. If you have no permanent address, that is okay. Sharing a phone number, email address, or both is optional, but helps us reach you quickly if we need to contact you.

B) Print and sign your name and write today's date. Print the name of the adult signing the application and that person signs in the box "Signature of adult."

C) Mail completed application to:
Winnacunnet School District
Attn: Food Service
1 Alumni Drive
Hampton, NH 03842

Optional

Share children's racial and ethnic identities (optional). On the back of the application, we ask you to share information about your children's race and ethnicity. This field is optional and does not affect your children's eligibility for free or reduced price school meals. This information is requested solely for the purpose of determining the State's compliance with Federal civil rights laws, and your response will not affect consideration of your application, and may be protected by the Privacy Act. By providing this information, you will assist us in assuring that this program is administered in a nondiscriminatory manner.

Please return the application directly to your child's SCHOOL. DO NOT mail, fax, or email completed applications or questions about applications to the USDA Office of the Assistant Secretary for Civil Rights or your child's eligibility for free or reduced-price meals will be delayed.

APPLY ONLINE:
<https://www2.myschoolapps.com/>

RETURN TO (School/District Name): Winnacunnet High School
ADDRESS: 1 Alumni Drive, Hampton NH 03842

ADDRESS: 1 Alumni Drive, Hampton NH 03842

STEP 1 List all children, infants, and students up to and including grade 12. Attach another sheet of paper if you need space for more names.

[illegible]

Child's First Name	MI	Child's Last Name	Grade	Foster Child	Migrant	Runaway	Homeless
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you checked any of these boxes, please refer to the Application's Instruction's Step 1: Part C & Part D.

Check all that apply

STEP 2 Do any household members (including you) participate in: SNAP or TANF? Please note: Medicaid does NOT qualify households for med. benefits in NH.

YES → Write case number here and proceed to STEP 4.

CASE NUMBER (NOT EBT NUMBER):

SELECT ONE: ☒ SNAP ☐ TANF

STEP 3

A. All Adult Household Members (Anyone who is living with you and shares income and expenses, even if not related, including you.)

List all Adult Household Members (Anyone who is living with you and shares income and expenses, even if not related, including you.)

All Adult Household Members (Anyone who is living with you and shares income and expenses, even if not related, including you.)

List all Adult Household Members not listed in STEP 1 (including yourself) even if they do not receive income. For each Household Member listed, if they receive income, report total gross income (before taxes and deductions) for each source in whole dollars (no cents) only. If they do not receive income from any source, write '0'. If you enter '0' or leave any fields blank, you are certifying (promising) that there is no income to report.

Name of Adult Household Members (First and Last)	Earnings from Work				How often received?				Public Assistance, Child Support, Alimony				How often received?				Pensions, Retirement, Social Security, SSI, VA Benefits, All Other				How often received?						
					Weekly	Every 2 Weeks	2x/Month	Monthly	Annual	Weekly	Every 2 Weeks	2x/Month	Monthly	\$	\$	\$	\$	\$	Weekly	Every 2 Weeks	2x/Month	Monthly	\$	\$	\$	\$	\$
					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$				
					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$				
					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$				
					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$				
					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	\$				

Total Household Members (Children and Adults)

**Last Four Numbers of Social Security Number of
Primary Wage Earner or other Adult Household
Member (If Applicable)**

B. Child Income

Child income
Sometimes children in the household earn or receive income.

Include the TOTAL income (before taxes and deductions) received by ALL children listed in STEP 1 here:

STEP 4

RETURN COMPLETED FORM TO YOUR CHILD'S SCHOOL: Insert school address here

"I certify (promise) that all information on this application is true, and that all income is reported. I understand that this information is given in connection with the receipt of Federal funds, and that school officials may verify (confirm) the information. I am aware that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted under applicable State and Federal laws."

Print Name of Adult Signing the Form		Signature of Adult		Today's Date	
Mailing Address (if available)		City	State	Zip	Phone (optional)
		Email (optional)			

SOURCES AND EXAMPLES OF INCOME

For additional information on income, please refer to the instructions that accompany this application.

Sources of Income	
Public Assistance/Alimony/Child Support	Pensions/Retirement/All other sources of income
<ul style="list-style-type: none">• Salary, wages, tips, commissions• Net income from self-employment (farm or business)If you are in the U.S. Military:<ul style="list-style-type: none">• Basic pay and cash bonuses (do NOT include combat pay, FSSA, or privatized housing allowances)• Allowances for off-base housing, food, and clothing	<ul style="list-style-type: none">• Social Security/Disability (including railroad retirement and black lung benefits)• Private Pensions or disability benefits• Income from trusts or estates• Annuities• Investment income• Earned interest• Rental income• Regular cash payments from outside household

Examples of Income for Children
<ul style="list-style-type: none">• A child has a regular full or part-time job where they earn a salary or wages• A child is blind or disabled and receives Social Security benefits• A parent is disabled, retired, or deceased, and their child receives Social Security benefits• A friend or extended family member regularly gives a child spending money• A child receives regular income from a private pension fund, annuity, or trust

OPTIONAL

Children's ethnic and racial identities. This information is kept confidential and may be protected by the Privacy Act of 1974.

We are required to ask for information about your children's race and ethnicity. This information is important and helps to make sure we are fully serving our community. Responding to this section is optional and does not affect your children's eligibility for free or reduced-price meals.

Ethnicity (check one): ☐ Hispanic or Latino (A person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish Culture or origin, regardless of race) ☐ Not Hispanic or Latino

Race (check one or more): ☐ American Indian or Alaska Native ☐ Asian ☐ Black or African American ☐ Native Hawaiian or Other Pacific Islander ☐ White

Return this completed form to your child's school. *Do not mail, fax, or email completed applications to the U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights.

DO NOT FILL OUT

For school use only.

Annual Income Conversion: Weekly $\times 52$, Every 2 Weeks $\times 26$, Twice a Month $\times 24$, Monthly $\times 12$. Do not annualize income to determine eligibility unless more than one income frequency is listed.

Total Income	How often?				Household size	Categorical Eligibility	Eligibility Free Reduced Denied	Date	Verifying Official's Signature	Date	
	Weekly	Every 2 Weeks	Twice a Month	Monthly							
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
Determining Official's Signature											
Date											
Confirming Official's Signature											
Date											

Use of Information Statement

The Richard B. Russell National School Lunch Act requires that we use information from this application to see who qualifies for free or reduced-price meals. We can only approve complete forms. We may share your eligibility information with education, health, and nutrition programs to help them deliver program benefits to your household. Inspectors and law enforcement may also use your information to make sure that program rules are met. Please be sure to provide the last four numbers of the Social Security number of the adult household member who signs the application. If the adult does not have one, 'Check if no Social Security Number.' Applications for a foster child do not need to list a Social Security number. Applications for children in households receiving Supplemental Nutrition Assistance Program (SNAP) or Temporary Assistance for Needy Families (TANF) or Food Distribution Program on Indian Reservations (FDPIR) do not need to list a Social Security number. Some children qualify for free meals without an application. Please contact your school to get free meals for a foster child, and children who are homeless, migrant, or runaway.

The contact information below is solely to file a complaint of discrimination

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the State or local Agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English. To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.

Return completed form to your child's school.