



NHS PAL MEETING MINUTES - - - January 21, 2026

Welcome & Introductions; In Attendance

Lynn Sansosti, Erin Ibey, Sharon DeColfmacker, Catherine LeCroix, Kristin James, Rebecca Carlson, Yvonne Leblanc, Linda Donohoe, Ellen Sofranos, Kristy Tavitian, Amy Hyatt

Approval of Minutes

Administrative / Enrichment Update

- Eighth Grade Class Trip to NYC and Washington DC- Ellen Sofranos shared history on previous trips to NYC and DC (once school sponsored and then not school sponsored). A slide deck of the trip (overview and mission) was shared. The Finances were shared.. The trip cost is \$33-35,000. The school budget is \$15,000/\$300 family contribution/PAL possible contribution \$3,500 (\$100 per student)/Fundraiser \$6,000. Discussion was had about the WHYM total lending towards the Fundraising goal. The Motivate fundraiser was brought up as another possibility for Fundraising. Also including Raffle Baskets at Motivate. Perhaps also including the Calendar that is being part of the Fundraising available at Motivate. Seacoast Soups Fundraiser as well (include Calendars). Having students at Seacoast Soups to have a piece of ownership as this worked well at WHYM. To be followed up with 8th grade parents. We will fill out the form for the School Board. All approved.
- Maple Sugar Event March 14th 1:00-3:00— Generously given a tank from Pete Stearns in Portsmouth. The shack items that needed to be done are getting completed. Dave Ciccalone is coming to advise. Hoping to be boiling. Seventh graders will be writing a non-fiction piece, snowshoes, greenhouse. Building a PAL committee to help put the event together. A discussion was had about donations of syrup. Trail Maps for sale. Selling magnets, bags, bookmarks, stickers. There is no cost for admission, food items sold. Used Harvest Fest as a gage (250 people/\$2,200 (\$920 petting zoo). This would be a PAL Committee and a point person from PAL. We will send out to fourth grade families first and then out to the school following.
- New Hampshire State Lakes- Linda Donohoe shared student research focused on an official state lake, wrote letters to Representatives, met, wrote a bill, hearing forthcoming. Students practiced their presentations with state representatives. PAL will help market with the QR code when it is ready.
- Becca shared our Wellness Day at NHS- Morning focus on wellbeing. This morning included student voice and choice. Examples of activities included calming coloring, yoga and meditation, snowshoeing. It was a really fun day!
- Honors Choir-very competitive. Rachael **Schmardel** brought to us. There was a performance on Friday.

- Ocean Safety Presentation- Sharon shared possibility of a 90 minute interactive presentation 9W for parents/children. A donation to be provided to his non-profit (\$250.00) which PAL would do. Discussion followed based on should it be a school assembly or an evening event (families/children). Set up one and see what the attendance is? We talked about the importance of having all children hear the information and perhaps the best venue is a whole school assembly perhaps K-3 and 4-8.

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Budget

- Current account balances- Checking \$26,885; Savings \$25,866
- **Donations**
- Cardinal Health/Blackbaud \$2000 12/15/25
- Charities Aid Foundation (Cam Mitchell) \$970.30 1/9/2026
- **Other Income**
- Minted \$556.97 (but not in our account yet)
- TL Sports Sales - 2025 Holiday Store \$284.25 12/10/2025
- Hannaford Helps \$369 1/09/2026
- **Sponsorship**
- Courtland Builders \$2500 12/10/25
- Thirsty Moose Management \$750 12/24/25
- **Playground**
- BNY Wealth - \$3333 Playground Fund 12/24
- **Expenses**
- Stock the Staff Room Dec, Kind Words for Teachers, and Candy Cane Cafe \$689.93
- WHS Chem Free \$250 (sponsored 2 students) 12/23/25
- Plumbing for Staff Room Makeover \$3000 12/2/25
- **Other**
 - Whym Night - For 8th Grade \$511 raised in donations at Whym - We haven't received the check from the restaurant itself yet
- **Upcoming**
- February 9th - Community Day at Seacoast Soups
- February 13th - Community Night UNH Hockey

Send out Spring Donations next week. On the thermostat clarify what was from parents and what was from business match.

Committee Updates

- Social Media and Communications (Kristin and Sharon)
- Headshots on the website

Update fundraising to share we have reached our goal.

Events / Fundraisers / Direct Donations ('25-'26)

- Upcoming Community Nights- Seacoast Soups Community Day - Monday, February 9th
- Texas Roadhouse - Sharon will reach out to get more information
- Old Salt- looking into
- UNH Hockey Game -February, February 13th
- Motivate Class - Tuesday, February 17th
- Maple Sugar Event - Saturday, March 14th
- Spring Soiree - sending a message out (potential early April/May)- indoors, gym
- Playground Committee - very early stages

Community Involvement

- The Anxious Generation - marketing blip to reach a broader audience - Community Book Read March 12th 6:30-8:00 at the North Hampton Public Library
- Ballpark at Dearborn Park (Sharon)

Discussion / Other Business

- Kind Words Project- 50 nominations this month. Crissa Kounavis has been partnering with Betsy in the library to submit nominations

Voting / Position Changes

- PAL Co-Chair

Next Meeting Date

Wednesday February 18th 6pm at the NHS library

PAL 2025-2026 Executive Board

Co-Chairs: Lynn Sansosti & Sharon DeColfmacker

Enrichment Coordinator: Erin Ibey

Treasurer: Catherine LaCroix

Secretary: Carah Kiley

Web/eCommerce Administrator: Kristin James