



SANBORN REGIONAL HIGH SCHOOL

POINTS OF P.R.I.D.E.

A newsletter that promotes our core values of

***P**ersonalization, **R**isk-Taking, **I**ntegrity, **D**iscovery, and **E**mpowerment*

October 23rd, 2022

Sanborn Regional High School

17 Danville Road, Kingston, New Hampshire 03848
(603) 642-3341

www.sau17.org

*Proud recipient of the
2018 NH Excellence in Education Award*



Visit Our Website

Sanborn Portrait of a Graduate

The Sanborn Way

Join Our Email List

2022-2023 SRHS Calendar of
Events

Contact Tech Support

Daily Announcements

Join the SRHS PTO

Student Job Board



RECEIVE TEXT UPDATES
FROM OUR SCHOOL:

Opt-In from your
mobile phone now!



Just send "Y" or
"Yes" to 67587

Greetings Sanborn Students and Families,

Quarter 1 is quickly coming to an end as grades close on Friday, November 4th. With the remaining two weeks of this quarter, we would like to encourage you to check your student's Alma account and review their grades with them.

In order to pass a class and receive course credit, students need a 70% or better overall. Quarter 1 will account for 25% of a year long course and 50% of this overall grade. We encourage you to talk to your child about their classes and suggest the following steps to help them improve their grades and learning before the quarter ends:

- Reach out to your student's teacher about extra help
- Have your child sign up for FLT with the teacher
- Encourage your student to study prior to assessments
- Potentially reassess eligible assessments to demonstrate mastery and earn a higher grade
- Sign up for after school tutoring offered Monday, Tuesday, and Thursday beginning on October 24th

If you have any questions, please first reach out to your student's classroom teacher.

Reminders:

- School starts at 7:20am. Students need to be in their first period class when the bell rings and will be marked tardy if they arrive after 7:20am.
- Morning drop off - please try to drop off between 6:55am-7:05am to help with traffic in the drop off line.
- After school tutoring begins on Monday, October 24th from 2:30-4pm in the library. Students can drop in and do not need to sign up ahead of time.

Yours Always,

Jennifer Michitson, Dr. Robert Dawson, Nichole O'Brien, Heidi Leavitt, and Timothy Westphal



Jennifer Michitson
Principal



Dr. Robert Dawson
Assistant Principal
Athletic Director



Nichole O'Brien
Assistant Principal
Curriculum



Heidi Leavitt
Counseling Director



Timothy Westphal
Assistant Principal

Athletic Update:

Winter Sports begin November 28!

Parents / Guardians:

Please sign your student- athlete up for Winter Sports at this link: sanborn-nh.finalforms.com Pre-season meetings coming soon for Bowling, Track, and other sports!

This week's events:

Monday, Oct. 24

JV Football home v Laconia, 4:00

Wednesday, Oct. 26

Boys Soccer, NHIAA Prelims, 3:00 (if qualified)

Saturday, Oct. 29

Cross Country @ NHIAA Div. 2 meet, 10:00 am (Manch.)

Football home v Plymouth, 1:30

Cheer home @ Football, 1:30

If you have any questions please contact Dr. Dawson: rdawson@sau17.net

Photos: Thanks to Kevin Pillsbury!



Above: Cheer / Spirit Captain Erica Smith '23

Below: Soccer Captain Matt Martin '23



Important Information from SRHS Yearbook:

Seniors, [CLICK HERE](#) to personalize your yearbook!

You can pre order your yearbook at a discounted rate. [CLICK HERE](#) to Order Your Yearbook Today!



Sanborn Regional High School

Calling all proud parents

Celebrate your student's journey with a yearbook ad.

Create and purchase online by **02/09/2023**

jostensadservice.com/student



Jostens



Keesha Johnson

Keesha,
It seems like only yesterday you were my baby girl. Now, in a few weeks, you'll be off to college. I want you to know just how proud I am and how much I enjoyed watching you grow from an inquisitive, mischievous child to a smart, funny, kind young woman.
Love, Mom

Make their Sanborn Regional High School yearbook even more special.

Recognize your student's milestones and successes with a yearbook ad.

Order by 02/09/2023

COLOR AD	
Full Page	\$300.00
1/2 Page	\$200.00
1/4 Page	\$125.00
1/8 Page	\$100.00

jostensadservice.com/student
Customer Service: 800-358-0800
*Credit card installment plan available on orders of \$30 or more.
Tax, service and delivery fee(s) will be added if applicable.
©2021 Jostens, Inc. 212612 37541 / 2023

School Counseling Update:

Seniors who are looking for some help with their college essay who may be doing Senior English online or through NECC can email their essays to Mrs. Ryan at jryan@sau17.net. She will take a look at it for you, provide some feedback and then meet with students individually or in small groups to provide some support.

Seniors! College labs have started! This is an opportunity to meet with a school counselor during FLT to work on your Common App. In order to participate in the Free Application Day on November 14th, you must have all of the sections of your common app completed. Make sure to take advantage of the college labs so you do not miss out on the "I Applied Day" opportunity.

Freshmen and Sophomores! All Freshmen and Sophomores will attend a Vaping Prevention program on October 24th. This event, sponsored by So Rock the Southern Rockingham Coalition for Drug and Alcohol Prevention, will focus on vaping prevention and education information. The presenter, Laurie Warnock is the NH Health Education Coordinator at Northern New England Poison Center. Laurie has presented to our students in previous years and her presentation has always been well received by the students.

On November 14th, Sanborn and NHHEAF will partner up to host "**I Applied Day**" where students will be able to apply to all NH Colleges and Universities for free! Given that each application can cost anywhere between \$0 and \$100, this event provides a tremendous opportunity for our students.

As always, if you have any questions or concerns for your child - academically or socially, please do not hesitate to reach out to your child's counselor. We have many resources available to help with a variety of issues and we look forward to partnering with you for their success.

Mrs. Leavitt
Director of School Counseling

SAT boot camps offer free test prep for New Hampshire students

New Hampshire students are invited to participate in two upcoming SAT prep courses, at no cost, to prepare for the November and December SAT exams.

[Schoolhouse.world](https://www.schoolhouse.world) is excited to announce two, four-week boot camps for students planning to take upcoming SAT tests:

- October 8 – November 4 (for the Nov. 5, 2022 SAT exam)
- November 5 – December 2 (for the Dec. 3, 2022 SAT exam)

Each bootcamp will include eight sessions with 75-minutes each of test prep with a certified, online tutor with Schoolhouse.world. Students will work in a cohort with students of similar abilities for their tutoring sessions, which will focus on mastering skills, building strategies, time management and completing full-length practice exams. Sessions will highlight both reading and math SAT practice test questions.

“This is a great opportunity for New Hampshire youth to take advantage of free SAT prep courses. These small-group SAT tutoring sessions can help students of all abilities find the motivation, knowledge and confidence to reach their goals,” said Frank Edelblut, commissioner of education.

On average, students who complete the bootcamp often improve their test score by about 90 or more points across both sections, according to organizers. NHED was the first state in the nation to partner with Sal Khan and Schoolhouse.world to provide free tutoring to its high school students.

To pre-register for one of the sessions, visit [SATbootcamp](https://www.schoolhouse.world/satbootcamp). This program also serves as a research study around the efficacy of SAT tutoring, meaning students may be asked to complete occasional surveys, short exercises and participate in focus groups about their bootcamp experience; full details will be provided upfront during the sign-up process.

Message from your Student Assistance Counselor, Zach Parker:

Red Ribbon Week is Coming!

Red Ribbon Week is a chance to celebrate life, living drug-free, encouraging help-seeking behaviors and reducing risks in our lives. With those goals in mind, the SoROCK Coalition and the Sanborn Regional High and Middle schools are partnering to welcome Laurie Warnock from the Northern New England Poison Center into the school on Monday, October 24th to speak with students. She will be sharing the message of vaping and e-cigarette prevention.



We are fortunate to be able to host this event, and know that the message is both powerful and thought provoking.

Each day next week will have a fun theme to help promote a drug-free lifestyle, and students are encouraged to participate! Prizes and giveaways will be given daily! The themes are listed below:

High School Events

- Monday-Red-y to be Drug Free! (Wear your RED!)
 - Students wearing red at lunch will get temporary tattoos
- Tuesday-Being Drug Free is No Sweat (Dress in your workout gear!)
 - Decorate door with your Advisory Slogan and have students sign the door
- Wednesday-Team Up Against Drugs (Wear your sports attire!)
 - Students sign the Red Ribbon Pledge in English classes
- Thursday-Drugs Aren't in Our Character (Dress up as your favorite character or superhero!).
Students wearing costumes will get wristbands at lunch
- Friday-Stay Drug Free and Follow Your Dreams (Wear school appropriate pajamas!)

Throughout the week, Ms. Scott from SoROCK will be awarding gift cards to students at random points who are participating in the themed week/days.

Your help is as always, paramount to our success at building interest and energy around these events, so I thank you all for cheerleading and participation!

Zach Parker, Student Assistance Counselor

A Message from the School Nurse:

A reminder to parents and students that it is against Sanborn District policy for students to carry any medication on their person or in their bag, unless they have permission of their doctor and the school nurse. Any medication a parent feels the student should have available during the school day should be brought by the parent to the school nurses' office. Asthma inhalers and Epipens can be carried by the student with a current yearly medication permission form on file with the school nurse.

Beth Brown RN CPNP-PC
School Nurse
Sanborn Regional High School
17 Danville Road
Kingston, NH 03848
(603) 642-3341, ext. 1313

Coffee with the Superintendent:



Coffee with the Superintendent

Friday, October 28th, 2022, at 9:00 am
Sanborn Regional High School Library

Please join Mr. Ambrose for *Coffee with the Superintendent* on Friday, October 28th (or Friyay as the Memorial staff like to say!). The event will be held at Sanborn Regional High School Library beginning at 9 AM.

Superintendent Ambrose will bring donuts from Reilly's Bakery in Biddeford, Maine. They are delicious!

We hope you can join us! Please RSVP via our Google form by [clicking here](#) or scanning the QR code below:



A Message from SoRock:



SoRock is a community coalition focused on mental health and substance misuse prevention across the lifespan. We carry out our mission by leveraging resources from the local, state and federal level to coordinate and support education, programming and resources for the towns we serve.

October is Youth Substance Use Prevention Month!

What Every Parent and Caregiver Needs to Know About Fake Pills

- [Talking to Kids About Alcohol and Other Drugs: 5 Conversation Goals](#)
- [Why You Should Talk With Your Child About Alcohol and Other Drugs](#)
- [Why Small Conversations Make a Big Impression](#)
- [Answering Your Child's Tough Questions](#)
- **Red Ribbon Week is October 23-31st and this year's theme is "Celebrate Life. Live Drug Free" SoRock has partnered with Memorial, SRMS and SRHS to plan lots of fun and educational prevention activities! See message from Mr. Parker!**
- **Save the Date!** The Next [National Prescription Drug Take Back Day is October 29, 2022, 10AM to 2PM](#). The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

Youth In Action! Students identify the top issues facing their peers and take action to help ensure a safe and healthy school community. High School and Middle School meeting times TBD. [Sign up!](#)

Attention Boosters/PTA/PTO and other parent or community/civic groups. **SoRock wants to talk with you!** We would love to attend your meeting to tell you a little more about us, discuss parenting for prevention and find out how we can support you in the community! Please send an email to sorocknhcc@gmail.com to set something up.

If you or someone you care about is having a mental health crisis, contact the [NH Rapid Response Access Point](#) for over the phone support with referrals to outpatient services, or to have a Mobile Crisis Response Team (MCRT) come to you. [The new 988 Crisis Hotline became active JULY 16th](#)

SoRock has FREE resources for the community. Locking medication boxes and disposal pouches, firearm trigger locks, Overdose prevention kits including Narcan, and Fentanyl test strips. Parent and relative caregiver resources/prevention power packets.

Remember, we are here for all ages. Supporting the wellness of the community across the lifespan is the only way to ensure healthy youth!

Would you like to know more about SoRock, how we operate and what we do?
Email Charlotte Scott, Program Director sorocknhcc@gmail.com or call 603-642-3341 x 1235

SRHS PTO Announcements:



The mission of the Sanborn Regional High School Parent Teacher Organization is to enhance and support the Sanborn Regional High School learning community of students, staff, and families of Fremont, Kingston, and Newton. This is accomplished through the following endeavors:
 *Community Outreach *Teacher Involvement
 *Educational Programs *Civic Cooperation
 *Volunteer Programs *Fundraising. If we all help a

little it will be amazing how much we can accomplish as an organization. We typically meet the 3rd Wednesday of the month at 6:00 p.m. on Zoom (check the Points of P.R.I.D.E. Newsletter or our FB page for any changes). Thank you for taking the time to complete the membership form and become part of the SRHS PTO. Check us out on Facebook at Sanborn Regional High School PTO. If you have any questions or information you would like to share with our organization, please contact Alicia D'Antonio at tishiebell@yahoo.com. Please click [HERE](#) to join the PTO.

PTO Un-Fundraiser Information:

Un-FUNDRAISER

Due to the previous success of our Un-Fundraiser we would like to ask for your support again with our 2021 Un-Fundraiser. The Un-Fundraiser is a way for you to donate money without having to buy or sell anything. Isn't that the best?? 100% of your tax-deductible donation goes directly to the SRHS PTO, and then it goes right to our kids, which is the best place to put it! **To make it even easier to donate, we now have our own Venmo account ([sanbornrhspto](#))!!** Where does the money go you might ask?

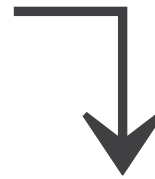
~\$100 starter cash for the in-coming Freshman student activities account	~Teacher's meals for the Open Houses & Teacher Appreciation Week
~Classroom grants, up to \$250 per teacher, to fund innovative programming	~A \$500 scholarship to a Sanborn Senior
~Funds to support class activities	~Senior Success Day and more

\$ _____	This donation is to thank you for not making me buy anything, sell anything or do anything, except fill out this form.
\$15	I do not want to bake, so here is the money that I would have spent at Market Basket on those cupcakes or cookies
\$25	I already have 14 Yankee Candles, 50 rolls of wrapping paper, and several coupon cards in my kitchen drawer. So, here is the money for saving my neighbors, friends and family a knock on the door.
\$50	I do not want to walk, run, hula-hoop, dance, swim or do any activity with the word "thon" in it. Here is the money I would have spent on my child's "free" t-shirt.
\$75	I do not want to attend any fancy dances or silent auction events, so here is the money I would have spent on a new outfit.
\$100	I really wouldn't have helped anyway. So here is \$100 to forget my name.

We hope you were able to appreciate the sarcasm and humor in this form of request and we thank you for your time and monetary donation.

Parent/Guardian Name: _____
 Student(s) Name: _____
 Parent Email (To be added to Our SRHS PTO email list): _____

**Please make checks payable to the SRHS PTO, 17 Danville Road, Kingston, NH 03848
 Or send your donation to our new Venmo account: [sanbornrhspto](#)**



Click [HERE](#) to view the form and make a DONATION!

Special Olympics of New Hampshire:

Greetings Sanborn Community,

We are excited to announce that the Sanborn School District is partnering with local communities this fall to bring Special Olympics New Hampshire to our schools. We are looking forward to hosting events here at Sanborn in the future and having our students and school involved.



In order to make this happen, we are in search of volunteers and coaches. Volunteers can be school staff and students. You will find the Local Program Volunteer Application link and a Covid Waiver form below that will need to be completed in order to volunteer. When completed the application can be sent to specialolympics@sonh.org or mailed to:

Special Olympics NH
PO Box 3598
Concord, NH 03301

Two other items are required to volunteer: a background check and completion of an online course, see links below to complete:

www.specialolympics.org/protectivebehaviors

<https://app.sterlingvolunteers.com/en/Candidates/Account/Register>

Use Good Deed code bsow717, if prompted

We would like to thank everyone in advance for your help and support in this great opportunity to help bring inclusion to all students in the Sanborn School Community.

Please let me know if you have any questions about the paperwork or about the program.

Sincerely,

Kevin Beaudoin
SRHS Case Manager, Life Skills

[Local Program Volunteer Application](#)

[Covid Waiver](#)

LEVEL UP . . .

And Take Control of Your Future!



Friday Nov. 4, 2023 – 9 a.m.-12 p.m.
NHTI Campus

Explore your career opportunities with these activities:

- **Explore a college campus** and hear from current college students.
- **Learn about tools** that help uncover your skills and career options.
- **Meet prospective employers** from across NH.
- **Gain knowledge** about NH's labor market and workforce needs.

Registration required!

Students: RSVP by Oct. 14: <https://www.surveymonkey.com/r/Levelup-registration2022>

Questions? Contact Tina Greco Betina.M.Greco@doe.nh.gov

Exhibitors: <https://www.surveymonkey.com/r/exhibitor-levelup-registration2022>

Questions? Contact Joy Sabolevski Joy.P.Sabolevski@doe.nh.gov



Ukulele Workshops at the Kingston Recreation Center:

Ukulele Workshops with Amy Conley!

November 5, 2022 – 3 pm and 4:45 pm

Kingston Recreation Center

[4:15: Interactive performance with Seacoast Ukulele Players](#)

Got a ukulele??

(No matter, we have loaners (first come first served)!

Want to learn the basics?

Want to hone your skills?

Here's your chance to learn with Amy Conley of Amy Conley Music!

It's also your chance to play along with the Seacoast Ukulele Players for a short performance in between classes!



3:00 pm: Beginners Playshop: \$15.00

Basic skills in a fun and friendly format

3:45 pm: Performance: all welcome to listen or play along

4:45 pm: Advanced Playshop: \$15.00

Amy will teach two fingerpicking patterns for songs in 4/4 time and 3/4 time. Then we'll discuss a surprising truth about strumming and how to use that knowledge applied to songs.

To sign up: Contact Paul Butler, Kingston Rec: (603) 531-3337, email: kingstonrecreation24@gmail.com



Amy Conley is passionate about spreading the joy of music to humans of all ages. www.amyconleymusic.com



The Seacoast
Ukulele Players

www.meetup.com/seacoast_ukulele_players/

Sanborn-Epping Ice Hockey Fundraising Event:

**Sanborn-Epping
Ice Hockey
Fundraising Event**

**Holiday
CRAFT
FAIR**

**Sanborn Regional High
School**

November
26th
9a.m.-3p.m.

**FREE
ENTRY**

*Come on down and help support
this amazing Fundraising Event
organized by The
Sanborn-Epping Hockey Boosters*

80+ VENDORS
Scratch Ticket Raffle
Food & Drinks
Home Decor
Home-made Items
Gifts & Many More

**Email with inquires
regarding available
space to:**

sanborneppinghockeyboosters@gmail.com