



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*

November 6th, 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,

What an amazing fall season we have been having including the beautiful weather we enjoyed this week! Students and staff have been busy wrapping up quarter 1 - if you can believe it! In the next week or so, we will be sending out a survey to gather feedback around the new 6 period schedule, and the grading and reporting system. We look forward to hearing from you!

Important Upcoming Dates:

Friday, November 4th:

Quarter 1 grades close - please check ALMA and reach out to your child's teachers with any questions or concerns.

Friday, November 11th:

Veterans Day - No School

Monday, November 14th:

College Bound "I Applied Day"

Wednesday, November 16th:

Fall Sports Awards Night

Friday, November 18th and Saturday, November 19th, Sunday, November 20th:
Fall Play - *Radium Girls*

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:

We want to thank all of our fall athletes, coaches, parents, families, and fans. SRHS had a very positive fall sports season. There were many competitive games and countless hours of commitment from all involved. We are looking forward to what the winter season will bring.

Winter Sports begin November 28!

Sanborn offers high school athletes opportunities in several sports:

- Basketball – Girls and Boys
- Bowling – Coed
- Cheer / Spirit – Coed
- Ice Hockey
- Track & Field

Registration for all Winter Sports is done through [Final Forms](#). Coaches will be in touch with those athletes signed up. Student-athletes should keep an ear open for announcements regarding pre-season meetings.

We may also be able to support Skiers, Swimmers, Gymnasts, even Wrestlers. Athletes interested in these sports should stop by to see Dr. Dawson at school.

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

Mr. Enright's Corner:

An Update on the Submarine Project



Congratulations to William Flaherty, Kevin Lawit, Matt Martin, James Meuse, Rex Sullivan, Lila Woekel and Lokas Youssef, on completing their scuba diving certification! These 7 students are members of the Submarine Team and will be operating the submarine underwater in the Naval Basin Tank in June 2023. Working with Portsmouth Scuba, they learned about the basics of scuba diving, how to set up and use scuba gear, and reading dive tables



through classroom instruction held at Sanborn. The students then put those skills into practical application in the Haverhill YMCA pool. The scuba certification culminated in 4 dives in a lake or ocean during which the students demonstrated proficiency in specific skills including equalizing pressure, decompression stops, controlled emergency ascent, and buoyancy. The students obtaining their scuba certification completes the first phase of the submarine project! I am so proud of these students for their accomplishment, and

excited to see what other scuba diving adventures they take in the future! For more information about the submarine project, please email Jim Enright at jenright@sau17.net.



~Mr. Enright

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

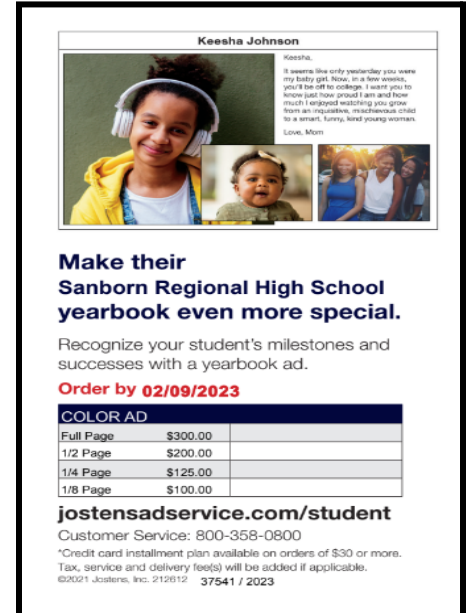
Celebrate your student's journey with a yearbook ad.

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.

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](#) 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](#). 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:

Anti-Bullying in School, and at Home

At our school, bullying of any kind, by any person, is unacceptable. All students should be free from worries about being bullied. Students must be taught other, appropriate ways of interacting with peers. Bullying behavior is a serious issue amongst young people.

November is Anti-Bullying Awareness month, and a time to help students feel more knowledgeable about bullying behavior, more confident in supporting their peers and that their school deals with bullying behavior effectively. Students in Health classes will be receiving bullying awareness and prevention training. This is aimed towards:

- Creating a happy and safe learning environment for all, which in turn can boost attendance and attainment levels
- Develop resilience, confidence, and positive healthy relationships amongst young people
- Contribute to the overall climate of our school community.

The training, along with support at home makes a difference in the lives of our young people and helps support a positive learning environment for their students.

For more information, to use at home with your student, explore the links below:

- <https://study.com/academy/popular/bullying-resources-for-parents.html>
- <https://www.stopbullyingnow.com/services-downloads-programs>
- https://resources.finalseite.net/images/v1653237495/soudertonsdorg/jvpka_dml4ngbi1vhihwo/AntiBullyingParentGuide.pdf

Zach Parker, Student Assistance Counselor

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.

Join SoRock on November 15th for an important community conversation about our youth at the Plaistow YMCA. Food will be provided.

<https://www.sorocknh.org/community-conversation>

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**

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 ([sanbrnrhsppt](#))!!** Where does the money go you might ask?

- \$100 starter cash for the in-coming Freshman student activities account
- Classroom grants, up to \$250 per teacher, to fund innovative programming
- Funds to support class activities
- Teacher's meals for the Open Houses & Teacher Appreciation Week
- A \$500 scholarship to a Sanborn Senior
- 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: [sanbrnrhsppt](#)**



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.



Basketball and swimming will be starting in early December. 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](#)

Fall Play:

SANBORN REGIONAL HIGH SCHOOL PRESENTS

Radium Girls



Show Dates

November 18th, 7pm

November 19th, 7pm

November 20th, 1pm

Students and Veterans \$10

Adults \$15

Buy tickets at the door

Tree Lighting and Santa Visit:



Tree lighting/Santa visits the Rec Center!

Saturday November 26

Event starts at 5pm

Ugly sweater contest too!!!- please enter beforehand

Questions? Call 603-418-5306

Please bring unwrapped toys to help those in need in Kingston

We will have treats and we will listen to the "Night Before
Christmas being read.

We will have crafts available too!



Sanborn-Epping Ice Hockey Fundraising Event:

**Sanborn-Epping
Ice Hockey
Fundraising Event**

**Holiday
CRAFT
FAIR**

**Sanborn Regional High
School**

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