



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*

December 4th, 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*



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The Sanborn Way

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2022-2023 SRHS Calendar of
Events

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RECEIVE TEXT UPDATES
FROM OUR SCHOOL:

Opt-In from your
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Just send "Y" or
"Yes" to 67587

Seasons Greetings Sanborn Students and Families,

The holiday season is upon us and that means there is a lot going on here at Sanborn. Holiday shows from the music and drama departments are coming up, winter sports are well underway, and several student groups, such as NHS, Key Club, and StuCo have been busy volunteering to help those in need during the holiday season. There is also a lot going on in classrooms as teachers continue to provide opportunities for students to bring learning to life. Here are some important updates and reminders:

After School Tutoring:

After school tutoring runs after school every Monday, Tuesday, and Thursday from 2:30pm-4pm. Please contact [Ms. Grella](#) and [Ms. Trudeau](#) if you have any questions.

ALMA:

Please continue to check ALMA and reach out to your child's teachers with any questions or concerns regarding grades and assignments.

Senior Spotlights:

The Senior Spotlight form was sent out to the class of 2023 this week. Seniors, please check your email and complete the form. Senior Spotlights will begin running in late January.

Important Upcoming Dates:

Monday, December 5th:

The SRHS Drama Club annual holiday show at 6pm

Tuesday, December 6th:

MS/HS Band Concert

Wednesday, December 7th:

ASVAB Testing for Juniors

Tuesday December 13th:

MS/HS Chorus Concert

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 are Underway!

Schedules for tryouts, practices, matches, games, meets, etc. are always found on our [Combined Schedule](#), which may be accessed at that link. This "Live" document is constantly updated by coaches and me to reflect changes, so please check it regularly.

High School Games this week:

Tue, Dec. 6: Boys B-Ball Scrimmage v Timberlane. Home, 5:00 JV's, Varsity after

Wed, Dec. 7: Girls B-Ball Scrimmage v Campbell. Home, 5:00 JV's, Varsity after
Ice Hockey Scrimmage v York, Maine @ Jackson's Landing, 5:00

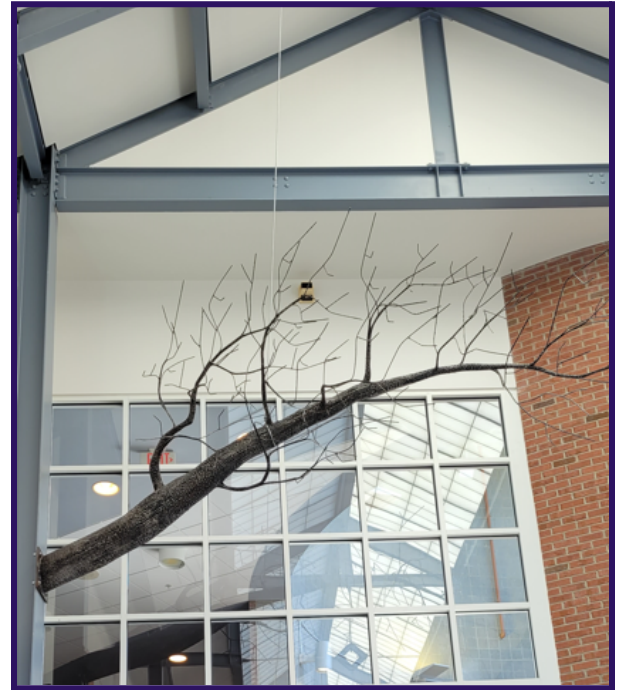
Sat, Dec. 10: Bowling @ Striker's East v Raymond, Goffstown, Spaulding, Dover, 10:00
Ice Hockey Scrimmage v Winnacunnet @ Jackson's Landing, 4:40

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

Classroom Happenings:

Intro to Japanese Guest Speaker

On Friday, Mr. Cass' Intro to Japanese class had a special guest speaker. Mrs. Cass, who happens to be Japanese. Mrs. Cass shared some cultural experiences and answered thoughtful questions students had. It was a very positive learning experience for the class.



Art and Welding come together with the help of a visiting artist:

Over the past year, Ms. Driscoll and Mr. Kelly, with the support of the Sanborn Seminary Trustees, and a visiting artist, collaborated to put together a handcrafted tree that now hangs in the atrium. Mr. Gray's Modern Media class also got involved in the project by documenting the experience along the way. The tree is pictured on the right and you can [CLICK HERE](#) to view the video.

New Inductees in the National Honor Society:



On November 21st, the current members of the National Honor Society inducted 4 new members from the class of 2023. The ceremony was emceed by Chapter President, Gabriella Willis. That evening, members, new inductees, and attendants of the ceremony heard 4 honorary guests speak on the four pillars of the National Honor Society: Math and Science Teacher, Doc Young spoke on Scholarship, ELO Coordinator and Coach, Mrs. Alley spoke on Leadership, Math Teacher and Key Club Advisor, Ms. Spero spoke on Service, and French Teacher, Mme. Hambucken spoke on Character. The evening continued with student speakers: Heather Gibb, Matthew Martin, Ashley Wettergreen, James Thompson, and Kate Lussier.

Pictured are the new members of the National Honor Society upon completion of our Fall 2022 induction ceremony, from left to right, Kyle Brown, Lillian Gibby, Sophia Borgesi, and Luna Gilson. Congratulations!

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**

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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

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*Credit card installment plan available on orders of \$30 or more.
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School Counseling Update:

End 68 Hours of Hunger

Did you know that every week Sanborn Regional High School supports over 40 students in the district through our food pantry and our End 68 Hours of Hunger program? This program provides food for these students to meet the gap between school lunch on Friday and school breakfast on Monday. Sanborn has a wish list on Amazon if you would like to help support this program. The link can be found [here](#) and the food can be sent directly to the high school.

If you prefer, you can drop food off directly to the high school in the atrium. The program has strict guidelines on the food we can send home and the list includes: Cereal (not the large family size ones), tuna/chicken, soup, mayo, canned pasta, mac and cheese, canned fruit, granola bars, sleeves of crackers, nutrigrain bars, peanut butter crackers, pasta, canned pasta sauce (we do not want to send glass jars in the bags for the students to carry), peanut butter, canned vegetables, oatmeal and jelly (plastic jars not glass).

If your family is in need of some additional support, please contact your student's school counselor, [school nurse](#) or [Heidi Leavitt](#).

Attention Sophomores:

Sanborn Regional High School will be sending two sophomores to the **Hugh O'Brian Youth Leadership (HOBY)** State Summit this year in June 2023. This summit is a leadership development training for students where they will develop leadership skills, meet state leaders, make

new friends from all over the state, experience life on a university campus, and discover how personal, group, and societal leadership lead to social change. This is a once in a lifetime opportunity for the Sophomores chosen and will help open them up to more college and career options and scholarships. Any sophomore interested in this program should stop by the counseling center to pick up an informational packet, along with the essay prompt. The essay is due December 5 to Ms. Grossman. If you have any questions, email [Ms Grossman](mailto:Ms.Grossman). There is also an interview process included this year and interviews will take place December 12. If you have questions or concerns feel free to reach out to Ms. Grossman in the counseling office.

[Here is a brief video](#)

Attention Juniors:

Sanborn Regional High School will be administering the **Armed Services Vocational Aptitude Battery (ASVAB)** exam to all juniors on Wednesday, December 7th. . Historically, the ASVAB has been known as an exam to determine acceptance into specific careers of the various military branches. More recently, the counselors have learned about the tremendous amount of career exploration/interest and feedback a student can receive from the exam and we have decided to use this information to kick off our Junior College Search season.

ASVAB scores will be automatically sent to the military unless you choose to opt-out of this service. An opt-out form is available from your student's school counselor. If you do not want your child to take the exam please email [Heidi Leavitt](mailto:Heidi.Leavitt) directly.

The exam will begin promptly at 7:30 am and will take 2.5 - 3 hours. Students will return to class once the exam is complete. There is no studying required for this exam Students who attend the 1st session at SST will be excused from class this day. Please visit the ASVAB Career Exploration for more information on the exam and how it can help students with career exploration and decisions: <https://www.asvabprogram.com>.

Attention Seniors:

Are you looking for some help with your college essay? You can email your essay to Mrs. Ryan at jryan@sau17.net She will take a look at it for you, provide some feedback and then meet with you individually to provide some support.

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

Message from your Student Assistance Counselor, Zach Parker:

Self Care: 5 Tips to Stay Well All Season Long

Yes, it was inevitable that winter would come, and along with it the darker and colder months! This time of year can feel long, but there are many ways to navigate the season and thrive during this time of year.

While we may want to hibernate the cold days away, it's important to practice winter self-care to stay healthy, positive and productive during the coldest time of the year.

Try these winter self-care tips to keep your mind and body healthy, engaged and positive:

1. **Eat Well**

Explore recipes that include seasonal winter foods, like sweet potatoes, squash, clementines and asparagus. Eat from the rainbow. Fruits and veggies of different colors to maximize your nutrient intake.

2. **Exercise**

Staying active keeps the body and mind healthy. Try virtual yoga, dance or cardio classes available on YouTube or through your local gym. Snow sports like skiing, snowboarding and snowshoeing are also excellent ways to enjoy the beautiful winter scenery and burn some calories. Even a short walk every day can increase your endorphin levels to help you feel good.

3. **Get Some Sunlight**

Try spending as much time outside as possible when the sun is shining. Even if you're spending most of your time indoors, keep your blinds and curtains open to welcome the sun's rays into your home.

4. **Hydrate**

The use of home heating sources can be hard on your skin. Make sure you're drinking enough water every day and keep moisture-rich lotion on hand to soothe dry skin. Sleeping with a humidifier on is also a great way to give yourself a hydration boost.

5. **Socialize**

Surround yourself with supportive people who make you feel good. Whether it's Face Timing or Zoom with friends, meeting at the coffee shop or building snowmen with your family, take the time to share space with friends and family.

Habits to avoid:

1. Staying indoors for long periods of time
2. Overeating unhealthy foods
3. Spending time around people who are sick
4. Dehydrating habits

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.

We are working on updating our [website](#)! Please check it out (the computer version is more user friendly than the phone version) to learn more about us or find resources.

December is here and the holidays are fast approaching. Here are [5 tips for taking care of your mental health this season](#).

On December 2nd five High School Students interested in mental health accompanied SoRock to Memorial School to help us deliver [“Gizmo’s Pawsome Guide to Mental Health”](#) to the 3rd and 4th grades with [AFSP](#)! Students learned about mental health and made their own mental health plan. Thank you to the Sanborn Career Pathways program for helping us make this happen!

Youth In Action! Students identify the top issues facing their peers and take action to help ensure a safe and healthy school community. [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 ([sanbornrhspato](#))!!** 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: [sanbornrhspato](#)**



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](#)



SRHS Presents:

A Christmas Show!

A small production for young ages all around!
Bring your siblings/kids for cookie decorating, pictures with Santa, and a small production that will last approximately 30 minutes!

Location: Sanborn Regional High School, Kingston NH

Date: December 5th, 2022

Time: 6 PM

Give the Gift of Reading Event:



GIVE THE GIFT OF READING

Get a gently used book for free or
for a small donation

DECEMBER 7, 14 & 21 AT 3PM

FREE GIFT WRAPPING!



MICHELLE@KINGSTON-LIBRARY.ORG
KINGSTON COMMUNITY LIBRARY

Parent Support Group:



FREE
ALL WELCOME

Parenting Support Group

If you need encouragement and tools to help with parenting, talk to us.

With

Kaylene Fraser, MSW, School Social Worker
Sanborn School District
Jillian Burns, MSW, Seacoast Mental Health
Center School Liaison

When

Bi-weekly Wednesdays starting December
7th from 6:00-7:00pm via Zoom

Parenting support groups provide an opportunity for parents to share ideas and their concerns:

- calming strategies
- electronic limits
- behavior management
- and more!

To sign up and/or ask questions please email:
kfraser@sau17.net
or
jburns@smhc-nh.org



Career Pathway Program Event:

**DISCOVER HOW
YOU CAN CONNECT
WITH OUR
CAREER PATHWAY
PROGRAM**

RSVP by December 2, 2022



December 7, 2022
11:30 am
Sanborn Regional
High School

**For More
Information
Contact**

Kerrie Alley-Violette



Tech Night at SST:

Technology Fun Night Friday, December 16, 2022 6:00 PM – 8:00PM

Place: Seacoast School of Technology
Who: Grade 5 – 9 students

Cost: Voluntary donation of 3 cans of food for local food bank per person. If you would like to bring more cans, all donations will gladly be accepted.

Why: This school year, the Seacoast School of Technology is offering a series of events for students to show just how much fun learning about technology can be.

How to sign up: Register online @ <https://sst.sau16.org/en-US/technology-fun-nights-f4734f0b>.
Registration opens 8 AM on Tuesday, November 22, 2022. Registration deadline is December 15, 2022.
Limited to 25 students on a first come first served basis.

This month we will be learning about the Science, Mathematics, Engineering, and Problem Solving found in computer games. There will be door prizes.



Any questions, contact Mr. Messa at nmessa@sau16.org or 775.8623

Come join in the fun!!!!

Yarn Donations:

SANBORN NHS IS LOOKING FOR

YARN DONATIONS



Reach out to Erica Smith at erica.smith@sau17.net

**WE ARE LOOKING TO MAKE WARM GIFTS FOR LOCAL NURSING
HOMES
PLEASE HELP US OUT!**

National Honor Society Snow Shoveling:



Snow Shoveling Help!



Sanborn Regional High School is offering snow shoveling assistance to those in need of help this winter season.

Please contact Rex at 781-820-6055 or rex.sullivan@sau17.net to request our services.

Thank you and we look forward to helping!