



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*

April 2nd, 2023

Sanborn Regional High School

17 Danville Road, Kingston, New Hampshire 03848

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www.sau17.org

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



Important Upcoming Dates:
Friday, April 7th: Quarter 3 ends.
Monday, April 10th: Honor Society Inductions - This event is by invitation only.
Wednesday, April 12th: YRBS Survey - Read below for details
Wednesday, April 19th: Trade Expo
Thursday, April 20th: Lynn Lyons Presentation @6:30pm in the auditorium. See details below.
Friday, April 21st: Professional Development Day - No School
Monday, April 24th - Friday, April 28th: Spring Vacation! No School

Lynn Lyons is coming to Sanborn on April 20th. [CLICK HERE](#) for the details on the community presentation.

**Please [CLICK HERE](#) to view the end of year events calendar.
The calendar is a live document.**

Parents/Guardians: [CLICK HERE](#) for the 603 Bright Futures Survey






A Message from Administration:

Greetings Sanborn Community,

We hope this message finds you well. Spring is underway and we have a very busy schedule of events on the horizon. From athletics, to the musical, concerts to the end of the year senior events, there is a lot going on. We wanted to take this opportunity to remind the community that the school district expects mutual respect, civility, and orderly conduct among all individuals on school property or at a school event. Details regarding these expectations can be found in policy KFA which can be read [HERE](#). This includes actions towards one another and our students. We also ask that you supervise young children at events, both those indoors and outside, as they should not be wandering around the premises unsupervised. If you witness concerning behavior of any kind while you are on school property, please report it to the school administration immediately. We want everyone to have a safe and positive experience at school events. Thank you for your support.

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:

Matches Begin This Week! Sanborn's Spring Season begins this week with our Tennis teams in action. Baseball, Softball, and Track & Field get going next week. Look here for the overall schedule: [Spring Combined Schedule](#)

Week of April 3-8:

Monday, April 3:

Girls Tennis v Trinity, 4:00

Tuesday, April 4:

Boys Tennis v Trinity, 4:00

Wednesday, April 5:

Boys Tennis v Gilford, 4:00
Girls Tennis @ Prospect Mt.

Thursday, April 6:

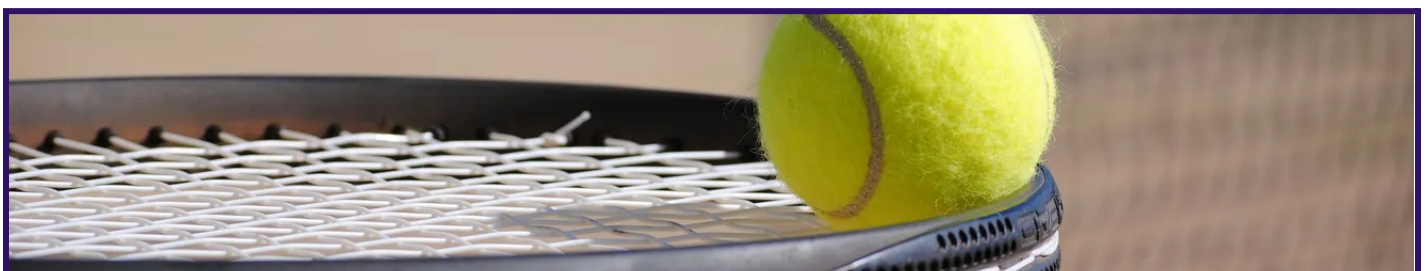
Baseball scrimmage @ Timberlane
Softball scrimmage @ Timberlane

Friday, April 7

Boys Tennis @ Kearsarge
Girls Tennis v Kearsarge, 4:00

Saturday, April 8

Off day



SRHS Students Attend the HYPE Conference:



By Mr. Cass and Mr. Croteau

On Thursday, 3/16, a group of 21 SRHS students participated in the 8th annual HYPE (Hosting Young Philosophy Enthusiasts) Conference at UNH. The group included students from our Philosophy, Running Start English, Psychology, and Argument & Debate classes. In total, 800 students from around the state participated.

This year's topic was exploring how agency and self-determination sustain a fulfilling student life. The keynote speaker, Senator Maggie Hassan, along with a group of student leaders, shared their experiences of making choices in their own educations and helped set the tone for the event.

From there, students broke up into small groups around campus to participate in Socratic Seminar discussions focused on the theme. The day culminated in students sitting down together for a meal at the Holloway Commons Dining Hall to continue their discussions in informal groups.

We had a great time and look forward to participating again next year!

Sanborn Sky Watch:

The New Hampshire Astronomical Society (NHAS) is visiting Sanborn to host a sky watch on April 4th at 7 PM. They are a nonprofit organization with a goal of educating others about the universe and the objects it contains. There will be a 30 minute information session taking place in Mr. Parson's room (room 106) before traveling outside to do live viewing through telescopes that the NHAS provides. In the information session, they will detail how to set up and use the telescopes, and give a brief presentation about the observable objects in the sky that night. If the weather does not allow for proper viewing, then the event will be rescheduled to April 13th. In the case that this happens, we will let everyone know ahead of time. Remember to dress appropriately for the weather; it may be cold during the night time. We encourage anyone interested to show up and enjoy exploring the universe.

UNH Supports Sanborn Submarine Team

By: Sarah Bufano

KINGSTON - On March 23, there was a buzz of excitement in the air as the Sanborn Seminary Trustees, Kingston Historical Society, high school administration, select teachers, a few students, and the Sanborn Submarine Team awaited the arrival of a special guest. It was hard to believe such an important event could take place in what seemed like an ordinary science classroom, but anyone who has Mr. James Enright as a STEM teacher knows this room is anything but ordinary.

At 10:30 am, UNH President James W. Dean, Jr. and his executive director, Mr. Thomas Cronin, arrived at Sanborn Regional High School. UNH partnered with the Sanborn Submarine Team, the Submariners in short, during the summer of 2022. Through this partnership, the Submariners will be able to test the submarine they currently are working on in UNH's oceanography dive tank before heading off to the International Submarine Race, held in Maryland this June.



Though there are 20 teams competing this year, 16 of them are colleges (half of those are from other countries), and only the remaining 4 are from high schools. Sanborn is proud to be one of 4 high schools in the world to compete in this prestigious race. Because this is an international event, since 1989 it has been held domestically on even numbered years and in other countries on odd years.

Most members recounted becoming part of the 1% of United States population who is certified to scuba dive as a bucket list item. Joining the Submariners is a big commitment to ask of these 7 high school students. Lila Wokel, Matthew Martin, Kevin Lawit, Lokas Youssef, Rex Sullivan, James Meuse, and William Flaherty meet at least once a week to discuss logistics, create technical reports, and build the submarine. There have been many late nights spent at the YMCA pool learning to scuba dive.

As UNH President James W. Dean, Jr. said, “New Hampshire should be incredibly proud of the students and team members who will be representing Sanborn Regional and our state at the International Submarine Races this summer. I enjoyed visiting with the team and learning more about the project and UNH’s contributions. The university is pleased to be able to play a small part in the team’s success this year and we look forward to strengthening this collaboration in the future.” The Submariners also have partnerships with the USS Albacore, Unifirst Workwear, Sanborn High School Seminary Trustees, Portsmouth Scuba, the YMCA, Partners Bank, Liberty Mutual, and Truform. The team has collaborated with Mr. Brian Gray (business technology teacher) and his students to create a website and logo, as well as to document the team’s progress.



For the past five years, starting a scuba team has been but a dream for Mr. Enright. It took top detective skills for him to track down the team’s current submarine model. It was donated by the Seacoast School of Technology and built in 2013. Though the submarine foundation was intact when Mr. Enright discovered it in a barn in Rye, NH, the team has been working to make sure that it will be able to function. Since it is a wet submarine, the vessel needs to have a neutrally buoyant structure and be able to function underwater pressure. After bringing the submarine to Sanborn, Mr Enright placed it in the entryway. This is when Mr. Enright’s hard work paid off.

According to Matthew Martin (senior), seeing the submarine in the hall sparked his interest. Though he didn’t previously know Mr. Enright, he eventually found his way to the STEM classroom and agreed to be the only person physically inside the submarine during the race. This is quite the commitment, considering he will be relying on his peer divers to give him signals.

The Submariners will compete in categories such as speed, technological advancements, and sportsmanship. As Mr. Enright put it, this is a “student driven project based on learning”. That being said, the teams are known to help each other if, for example, one school’s propeller broke and they didn’t bring welding equipment with them, another school will jump in and provide a helping hand. While this opportunity teaches students teamwork, leadership, and character, it also allows them some unique chances to see what it is like to work as an ocean engineer.

According to Rex Sullivan (senior), the scuba team “opened my eyes to what can be done in this field”. Lokas Youssef (junior) recounted similar experiences, explaining that though he doesn’t know exactly what he wants to study in college, working with Mr. Enright and his peers has reassured him that he wants to go into the physics or engineering fields. Mr. Enright is providing opportunities inside and outside of the dive tank. Lila Woekel (junior) is currently writing a book with Mr. Enright about the USS Albacore. While students do receive school credit for participating, William Flaherty explained that learning how to scuba dive was worth much more than an extra diploma credit. He describes seeing a school of fish underwater as “almost like being on another planet”.

While the Sanborn Regional High School Submarine Team is preparing for their race in the next three months, their partnership with Unifirst Workwear has allowed the team to be outfitted with Sanborn Submariner gear during their experience in Washington. In collaboration with the Spot (Sanborn School Store) and Collins Sports Center in Rochester, the team has an online clothing store, currently open now.. One way to show support for the team is by wearing their apparel as each purchase helps fund their trip to compete this summer! The store can be found by [CLICKING HERE](#), or by scrolling to the bottom of the Submariners website (which was created by Mr. Gray and his technology students). The website can be found [HERE](#). The Submarine team even has their own instagram page, @sanbornsubmariners. The Sanborn Submarine Team thanks the community for their continued support as they prepare for this amazing opportunity in the coming months.

Prom Guideline Reminder:

The prom, an event organized by the junior class each spring (Friday, May 12th, 2023), is open to all Sanborn Regional High School “good standing” junior and senior students. In order to be considered in “good standing” junior and senior students need to be passing all courses for the year/semester by the **end of quarter 3 (April 7th, 2023)**. Should a student find themselves not in “good standing” at the end of quarter 3, they will be notified that they are not eligible to attend the prom. However, students who demonstrate a passing grade at any time after the end of quarter 3, but **no later than Friday, May 5th, 2023, will be eligible to attend with administrative approval.**

Any junior or senior who meets the eligibility requirements may purchase a prom ticket within the sales window. Once a ticket is purchased, it is non-refundable. If a student is not going to be able to use their ticket and they want to arrange for another student to purchase their ticket from them, it must be cleared first by the junior class advisors. The last day to make a name change to a ticket is one week before prom and at that point, all tickets are non-transferable and non-refundable, no exceptions. The procedure when selling prom tickets is for the junior class prom committee to record all students via ticket number. This list is considered the “guest list” for prom. **ONLY** those listed on

the guest list will be allowed into prom.

A host student may sponsor only one guest who does not attend Sanborn that meets the eligibility requirements. The host student is responsible for the proper behavior of his/her guest. Guests must be registered with all proper documentation prior to the dance.

Attendance Requirement:

The prom will be on Friday, May 12th, 2023, and in order to attend the prom students must attend school that day. Students will need to attend the equivalent of 1/2 of their scheduled courses (including online lab, pass class, SST, NECC, internships...) in order to attend the prom.

All guests must be under the age of 21 on the date of the dance. Students may be required to show their identification card before they will be granted admittance.

The hours for the prom will be from 6:30 P.M. to no later than 11:00 P.M. No student will be admitted to the prom after 8:00 P.M. Any student who leaves the prom early will not be permitted back into the prom. All school rules will apply during dances.

The Prom Guidelines and Attendance Requirements were taken directly from the SRHS Student Handbook which can be found by clicking [HERE](#).

Sustainability Club Seed Drive

Dear Plant Lovers...

Sanborn Regional High School is in need of seeds!! Our Sustainability Club and other service organizations are getting their hands dirty this Earth Day. We have several different projects that require seeds. Our first activity would be to make seed balls. Seed balls are little balls of natural materials, mostly dirt or clay, that hold seeds in the middle. With the seed ball activity, we hope to attend local elementary and middle schools to cultivate a curiosity and love for the natural world. To further the love, we want to send the young students home with seeds and pots to plant themselves. Next we want to continue to grow the gardens at our school. We have several areas– including raised beds, gardens, fields, and even a greenhouse– we want to fill with plants and flowers.

We need seeds to help teach the younger generation the wonders of plants and to continue to create a greener environment at our school. Already we have been able to produce vegetables we use in our school cafeteria. We have a couple beehives and would like to create a pollinator field to attract more pollinators. Finally we have several garden areas we would like to build up and make a calming natural area for students.

Would your organization be willing to donate seeds to continue our push for a greener community? Anything is greatly appreciated and will be put to good use!!

With much thanks,
Sanborn Regional Sustainability Club

2022-2023 Youth Risk Behavior Survey Information for Parents

Our school is taking part in the 2023 Youth Risk Behavior Survey (YRBS) sponsored by the New Hampshire Departments of Education and Department of Health and Human Services. The survey will ask about the health behaviors of 9th through 12th grade students. The survey will ask about nutrition, physical activity, injuries, and tobacco, alcohol, and other drug use. It will also ask about sexual behaviors that could lead to pregnancy and sexually transmitted infections, including HIV.

The data the district receives is invaluable to us as a community. It informs decisions on how we educate our students about their wellness, and creates supportive elements within the school to ensure that student safety and health concerns are being met and adjusted to those needs. By taking part in this survey, the district is made eligible for grant money to support the Mental Health needs of our students.

Doing this survey will cause little or no risk to your child. The only potential risk is that some students might find certain questions to be sensitive. The survey has been designed to protect your child's privacy. Students will not put their names on the survey.

Also, no school or student will ever be mentioned by name in a report of the results. For the survey results to be accurate, it is important that all students, regardless of whether they have engaged in health risk behaviors, are given an opportunity to participate in the survey, but **the survey is voluntary**. No action will be taken against the school, you, or your child if your child does not take the survey. Students may skip any questions they do not wish to answer. In addition, students may stop taking the survey at any point without penalty.

We have posted the 2023 NH YRBS Questionnaire [here](#), as well on the Counseling website.

Here are some fact sheets to parents:

[Parent Engagement: For Parents and Families](#)

[Teen Health Services and One-On-One Time with A Healthcare Provider: An Infobrief for Parents](#)

[Ways to Influence Your Teen’s Sexual Risk Behavior: What Fathers Can Do](#)

[Monitoring Your Teen’s Activities: What Parents and Families Should Know](#)

[Talking with Your Teens about Sex: Going Beyond “the Talk”](#)

The **Parental Opt-Out Form 2023** is here for you if your family does not wish to have your student participate.

Please reach out to your student’s school counselor if you have any questions or concerns.

Counselor email	Students Assigned By Last Name
<u>Jennifer Brett</u>	A-F
<u>Jenna Grossman</u>	G-M
<u>Julie Conrow</u>	N-Z

Earth Day Week Activities:

The Sustainability Club, Key Club, and other organizations are hosting activities for Earth Week.

CLICK HERE to see details.

Additional Information and Links				
<u>SRHS Yearbook Information</u>	<u>School Counseling Update</u>	<u>Student Assistance Program</u>	<u>School Nurse Updates for April</u>	<u>SoRock Updates for April</u>
<u>Special Olympics of New Hampshire</u>	<u>PreSchool Lottery Announcement</u>	<u>Summer Camp Information</u>	<u>Outside Organization and Booster Activities</u>	<u>Community Sport Sign Up Information</u>
<u>Seacoast School of Technology Information and Events</u>	<u>Parenting Support Group</u>	<u>Student Job Opportunities</u>	<u>Exeter Adult Ed Information</u>	<u>PTO Announcements</u>
<u>Sanborn Seminary Trustees</u>	<u>Monthly Scholarship Newsletter</u>	<u>Lynn Lyons Presentation Information</u>	<u>2022-2023 SRHS Calendar of Events</u>	<u>Student Group Fundraising Information</u>
<u>CLICK HERE to view the SRHS Daily Announcements</u>				
<u>Visit our Website</u>				



Class of 2023 Senior Spotlights

Meet Matt Martin



Best Memory: The junior soccer season, AP Calc, AP Bio

Extracurricular Activities: Soccer, Track, the Submarine Team

Traits that describe Matt: Determined, Selfless, Hard Working

Favorite Teacher(s): Doc Young, Mrs. Petruzzi, Mr. Croteau, Mrs. Mulvey, Mr. Enright,

What the staff have to say about Matt:

Petruzzi: Matt worms his way into your heart with his enthusiasm and generous nature. He is always engaging those around him with his knowledge and lively discussions. He loves being challenged and always rises to the occasion.

Mrs Mulvey: Enjoy your days free from snowy winters while you study in Florida (or wherever you end up down south). Stay curious! I hope you always stay true to your morning lark genes, the early bird gets the.... first pick, right?

Mr. Enright: Matt is the type of person who takes on any challenge with enthusiasm. He was among the first students to approach me about participating on the submarine team, and the very first one to

want to climb inside the sub to operate it, something not for the faint of heart! He approached every aspect of the sub team with excitement for the challenge and was always willing to help in every aspect. I know he will do great things after high school, and I can't wait to see what lies ahead for him! Matt might be quietly working in class, he is anything but quiet in class or in extracurriculars. Matt is a hard worker, a deep thinker, and very helpful in Stuco. BBoisvert

Meet Seth Butler

Best Memory: Winning Winter Carnival

Extracurricular Activities: My main involvement has been basketball and baseball

Traits that describe Seth: Athletic, easy to talk to, funny

Favorite Teacher(s): Mrs. Cleghorn

What the staff have to say about Seth:

Seth is athletic and funny. He has a great friend group and is reliable and dependable. The future has good things in store for Seth. J Kelly



Meet Violet York



Best Memory: being the first girl to join the football team

Extracurricular Activities: football, cheer
Traits that describe Violet: fun, outgoing, ready to accomplish anything

Favorite Teacher(s): Kelly, Trudeau, Grella

What the staff have to say about Violet:
J Kelly Violet has an independent streak which will serve her well in life. She is determined, works hard, pays attention to detail and is goal oriented. She graduated from High School a year early, which is impressive. On top of all that, she is fun. I will miss you Verity.

Mr. Enright: Violet is a ball of energy and comes into the classroom like a whirlwind! She works hard to accomplish everything she sets her mind to doing. She set a goal for herself to graduate early, and though it is no easy feat, she stayed true to herself to reach that goal. Good luck to you in your future endeavors Violet!

Trudeau: I want to be more like Violet! She is confident, funny, energetic, and smart. She stands up for herself and for those she cares about. What many may not know is that she has a caring heart. She loves the residence of the nursing home where she works. She is tender and kind to them. The girl is everything! I cannot wait to watch her continue to grow outside of SRHS! She can change the world.

Meet Sophia Daly

Best Memory: winter carnival

Accomplishments: honor roll

Traits that describe Sophia: laid back, understanding, easy going

Favorite Teacher(s): Mrs. Martin, Mr. Croteau, Mrs. Brett, Ms. Alley.

What the staff have to say about Sophia:
Sophia is a kind, thoughtful and concerned young lady. Since YGYM, Sophia has grown into a wonderful student who has learned how to advocate for herself~ and she's got a great vibe! Peace out Sophia ~ Mr. Croteau



Meet Ash Meattley



Best Memory: My Favorite memories of this school is meeting Mrs G and Mike and learning how to be a leader and how to conquer my fears and face them head on

Extracurricular Activities: One of my favorite classes was forensics

I was super good with the investigation work

Accomplishments: I have Started working with dementia care and I have started saving for a car

Traits that describe Ash: Loud, Caring, Sweet, Thoughtful

Favorite Teacher(s): Mrs Healey Mrs Mainz Mrs Clark

What the staff have to say about Ash:

Ash is a student I was lucky enough to work with last year. They're one of the most bubbly, welcoming people I got to work with. I hope to see nothing but great success in their future. -Watson

Ash is a student with a lot of heart. She is funny, caring and has shown a tremendous amount of growth over the past few years. Ash would like to go into a helping profession such as teaching or working in a nursing home and I think she will be a great asset in the field -Feeney

Meet Henry D'Antonio

Best Memory: Playing in the 2022 Homecoming Football game

Extracurricular Activities: Varsity Football, Varsity Basketball, Track and Field

Accomplishments: Captain of The 2022 Football team, 2022 Football Coaches Award Winner

Traits that describe Henry: Enthusiastic, Energetic, Loud, Extroverted

Favorite Teacher(s): Mr. White, Mr. Kelly, Mr. Croteau, Mr. Cass

What the staff have to say about Henry:

J. Kelly Henry is one of the nicest young men I have met at Sanborn. He is considerate, empathetic and dependable. On top of all that, he is athletic, smart and has a great sense of humor. I have enjoyed working with Henry and will miss him.

Henry is a great kid -- big, strong, smart, kind . . . and sleepy. I will miss having him in my advisory and wish him the best in college next year. -- Cass

