



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*

September 25th, 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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Greetings Sanborn Students and Families,

What a great week at SRHS! Open House was well attended and it was great to meet so many families and provide the opportunity to connect families with staff. Students attended their first FLT rotations and though there were a few hiccups, by the end of the week things were going well. The college fair was a big hit with students and the presenters could not help but comment on how courteous and respectful all of our students were throughout the event.



ALICE Training:

On Tuesday, September 27th, during Advisory, staff will be reviewing a school safety presentation with students which will include a review of our [ALICE protocols](#) in the event that there was a threat inside or outside of the building. This coming week, we will be doing an ALICE scenario discussion with the students. As part of this discussion, the teachers and students will be given a scenario to

consider and then discuss how they would respond following their ALICE training. Please know that this will not be a drill, and if and when we do an ALICE drill at Sanborn, we will not simulate an event and do everything we can to avoid creating anxiety or stress for our students and staff. If you have any questions about ALICE or these discussions, please reach out.

Friday Night Lights Part II:

Friday Night Lights is returning to SRHS on Friday, September 30th. The event on September 16th was one that created an amazing community atmosphere and opportunity for students, staff, families, and community members to come together for a great cause - New Hampshire Tackles Hunger - and an exciting game. Join us again Friday night as SRHS takes on Kennett High School.

Important Upcoming Dates:

Friday, September 30th:

Homecoming Kick Off - Sanborn Pride Day

Monday, October 3rd - Thursday, October 6th:

Homecoming Week at SRHS

Friday, October 7th:

Professional Development Day - No School for Students

Saturday, October 8th:

Homecoming

Monday, October 10th:

Columbus Day - No School

If you have any questions please reach out.

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 Happenings this Week:

Date	Team	Level	Opponent	Time	Departure	Dismissal
Sep-26	Football	JV	home	Manch West	4:00 PM	
Sep-26	Golf	Coed	away	Lebanon	3:30 PM	12:45 PM 12:30 PM
Sep-26	Soccer (B)	Var	home	Pembroke	5:00 PM	
Sep-27	Soccer (G)	Var	away	Derryfield	4:00 PM	2:15 PM 2:00 PM
Sep-27	Field Hockey	V&JV	away	John Stark	4:00 PM	1:30 PM 1:15 PM
Sep-28	Soccer (B)	Var	away	Con-Val	6:00 PM	3:45 PM
Sep-29	Field Hockey	V&JV	away	Goffstown	4:00 PM	2:00 PM 1:45 PM
Sep-30	Soccer (B)	Var	away	Coe-Brown	4:00 PM	2:15 PM 2:00 PM
Sep-30	Golf	Coed	away	John Stark	3:30 PM	1:15 PM 1:00 PM
Sep-30	Football	Var	home	Kennett	6:30 PM	FRIDAY NIGHT LIGHTS

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

School Counseling Update:

The School Counseling Team has been busy meeting with students to make schedule changes and review 504 plans in order to ensure a positive start to the school year for everyone. Now that students seem to be settling into their classes, the counselors will be meeting with every Senior to complete an Intent to Graduate form and a formal credit check. These forms will be mailed home to parents by October 7th. This activity kicks off our Post Secondary Planning time with Seniors.

All seniors will attend a Post Secondary Planning Kick Off with the school counseling team the week of September 26. On October 3rd at 6pm, SRHS will host a virtual presentation by the NH Higher Education Assistance Foundation (NHHEAF) regarding the topic of Financial Aid. We will post the link to watch this presentation as we get closer to the date and it will be recorded for anyone to view at a later date. Counselors will then be hosting College Labs during FLT to help students with the college search process and to assist with any questions they may have about their applications.

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.

Is your child taking a Running Start or SNHU class (statistics, precalculus, chemistry or chemistry 2)? Make sure to have them watch for the deadlines to apply for the college credit. It is a very inexpensive way to earn college credit. However, there are strict deadlines that must be met and we have no flexibility once the deadline has passed.

Finally, looking ahead to October and November, all Freshmen, Sophomores and Juniors will be taking the PSAT's on October 12th. This exam gives students the opportunity to take a timed, standardized test and the results can be linked to study plans to focus their attention on the skills they need help with for the SAT they will take as Juniors in the spring. 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

Message from your Student Assistance Counselor, Zach Parker:

Community Service: A Family's Guide to Getting Involved

As many parents juggle work, school, kids, and activity after activity, it may feel like you need to slow down and connect with the family. One of the most satisfying, fun, and productive ways to unite is volunteering for community service projects. Volunteerism also sets a good example for your kids and helps the community.

The satisfaction and pride that comes from helping others are important reasons to volunteer. When you commit your time and effort to an organization or a cause you feel strongly about, the feeling of fulfillment can be endless.

Organizations and agencies that use volunteers are providing important services at low or no cost to those who need them. Volunteering can strengthen your family. And is a great way for families to have fun and feel closer. It can be hard to find the time to volunteer. Remember, you could select just one or two projects a year and make them a family tradition.

Volunteerism has great benefits to students:

- Kids and teens learn what it means to make and keep a commitment.
- Creates a sense of responsibility for the well-being of our communities.
- It teaches that one person can make a difference. A wonderful, empowering message for kids is that they're important enough to have an impact on someone.
- Students identify the benefit of sacrifice. By giving up time and effort to others, kids see that there are important things besides ourselves and our immediate needs.
- Working in community service can bring kids and teens in touch with people of different backgrounds, abilities, ethnicities, ages, education and income levels. They'll learn that even the most diverse individuals can be united by common values.
- Job skills. Community service can help young people decide on their future careers.
- How to fill idle time wisely. If kids aren't involved in traditional after-school activities, community service can be a wonderful alternative.

Use these links to get your search started:

<https://www.volunteermatch.org/>

<https://www.wmur.com/article/volunteer-connection/5173553>

<https://volunteernh.galaxydigital.com/>

Mr. Parker, Student Assistance Counselor

A Message from the School Nurse:

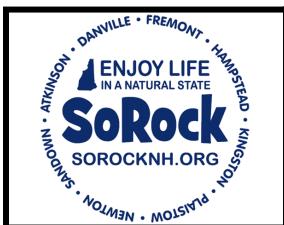
CDC Covid Guidelines for Schools

The CDC issued guidelines for schools to follow for the 2022-2023 school year. The Sanborn Regional School District is following these guidelines for this year. Here is a quick overview of their guidelines. You can look at the CDC website for more information: [Operational Guidance for K-12 Schools and Early Care and Education Programs to Support Safe In-Person Learning | CDC](#).

- 1) The most important thing to remember is symptoms; if a student is feeling sick, they need to stay home. Fever of 100.5 F and above, cough, sore throat, vomiting, diarrhea are all reasons to stay home, away from other people.
- 2) If a student has fever or other respiratory symptoms, a Covid test is recommended. Home Covid test kits are accurate and easy. The schools will no longer offer Covid testing.
- 3) If your student is positive for Covid, the CDC recommends they stay home for 5 days. The test date is Day 0, and count 5 days after that date. There are recommendations for quarantining at home on the CDC website.
- 4) After the 5 th day, the student may come back to school, IF they are feeling better. If they still have fever, fatigue, and/or bad respiratory symptoms, they may need to stay home longer. When they do come back to school, they need to wear a mask for 5 days.
- 5) Other members of the family who have no symptoms and are feeling well may come to school. They need to wear a mask for 10 days after their family member's positive test. The CDC recommends asymptomatic family members test 5 days after their family member's positive test. If at any time they start to have symptoms, they need to stay home and test.
- 6) The CDC recommends watching the Rockingham County Covid check page regularly: [COVID-19 by County | CDC](#). Right now, our Covid level for the county is "Low". The CDC lists recommendations based on the county Covid level. Do consider those actions for yourself and your family based on the county Covid level.
- 7) Anyone who wishes to may wear a mask, at school and in the community. The CDC recommends masking for everyone when the county Covid level is high.

Any questions, you are welcome to call or email Ms. Brown at (603)642-3341, ext. 1313 ebrown@sau17.net.

A Message from SoRock:



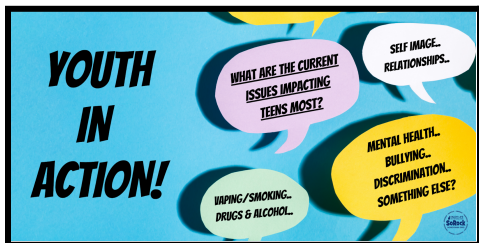
SoRock is a community coalition focused on mental health and substance misuse prevention across the lifespan. We carry out our mission by leveraging resources from the local, state and federal level to coordinate and support education, programming and resources for the towns we serve.

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.

September is National Recovery Month

The 2022 Recovery Month theme, “Recovery is For Everyone: Every Person, Every Family, Every Community,” reminds people in recovery and those who support them that no one is alone in the journey through recovery. Everyone's journey is different, but we are all in this together.



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!

September is National Suicide Prevention Month

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 locking medication boxes and disposal pouches for the community. We can also provide firearm trigger locks, Overdose prevention kits including Narcan, and Fentanyl test strips.

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:



SANBORN REGIONAL HIGH SCHOOL
PTO
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 ([sanbrnrhspto](#))!!** 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: [sanbrnrhspto](#)**



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.

Special Olympics Bowling will be starting soon if anyone is interested in volunteering for this sport.

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](#)

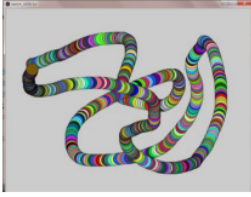


Seacoast School of Technology - Technology Fun Night:

Technology Fun Night

Friday, October 14, 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, September 20, 2022. Registration deadline is October 12, 2022. Limited to 25 students on a first come first served basis.

This month we will be learning about computer programming with Alice, Scratch, and Processing. There will be door prizes.



to create stories, games and animations and share your creations on the web

Any questions, contact Mr. Messa at nmessa@sau16.org or 775.8623
Come join in the fun!!!!

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.



*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