



SANBORN REGIONAL HIGH SCHOOL

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

November 12th, 2023

A newsletter that promotes our core values of:

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

Sanborn Regional High School

17 Danville Road, Kingston,
New Hampshire 03848
(603) 642-3341
www.sau17.org



Important Upcoming Dates:

Tuesday, November 14th: I Applied Day!

Saturday, November 18th: Ice Hockey Boosters Craft Fair.

Wednesday, November 22nd - Friday, November 24th: Thanksgiving Break - No School!

A Message from Administration:

Greetings Sanborn Community!

Despite the short week, there was a lot going on this week at school. Q2 got off to a start on Monday - can you believe we are already $\frac{1}{4}$ of the way through the school year? Fall sports seasons wrapped up over the weekend with a lot of positive buzz in the hallways this week. The staff had a productive PD day on Tuesday where they continued to refine their curriculum units while the administrative team met with the Department of Homeland Security along with local law enforcement and safety agencies to work through table talk scenarios.

We want to take this opportunity to thank all of our Veterans in the community for their service to our country. Happy Veterans Day!

Best Wishes From Your School Administrative Team,



Jennifer Michitson
Principal



Dr. Robert Dawson
Assistant Principal
Athletic Director



Nichole O'Brien
Assistant Principal
Curriculum



Heidi Leavitt
Counseling Director



Louie Vigers
Assistant Principal

Athletic Happenings:

We just had an incredible weekend for Sanborn Student-Athletes in NHIAA post-season competition. On Friday night, the Football Boys lost a tough one to St. Thomas, 21-7. This was our first tournament appearance since 2013—great season, boys!



On Saturday, three Sanborn athletes competed at the NHIAA Cross Country Meet of Champions. Katelyn Stocker ('26-top) finished with a personal best in 55th place, just ahead of Lily Tedford ('24-bottom). And in the boys race, Jake Pitre ('25-far right) finished in an amazing fifth place, outpacing 140 other runners. Huge congratulations to these amazing student-athletes.



On Sunday, Sanborn's Fall Spirit / Cheer team finished second at the NHIAA Spirit competition! This ties for the highest finish in program history. This team has come an incredibly long way since their re-building began in the fall of 2020, when only five student-athletes participated. Under the leadership of Coach Alyssa Rehrauer, our team has grown to 13 girls, who absolutely nailed their routine, earning them second place in Division 3. The team will take a whole week off before beginning to prepare for the winter season, when they will challenge for the top spot in the division! Congratulations, girls!



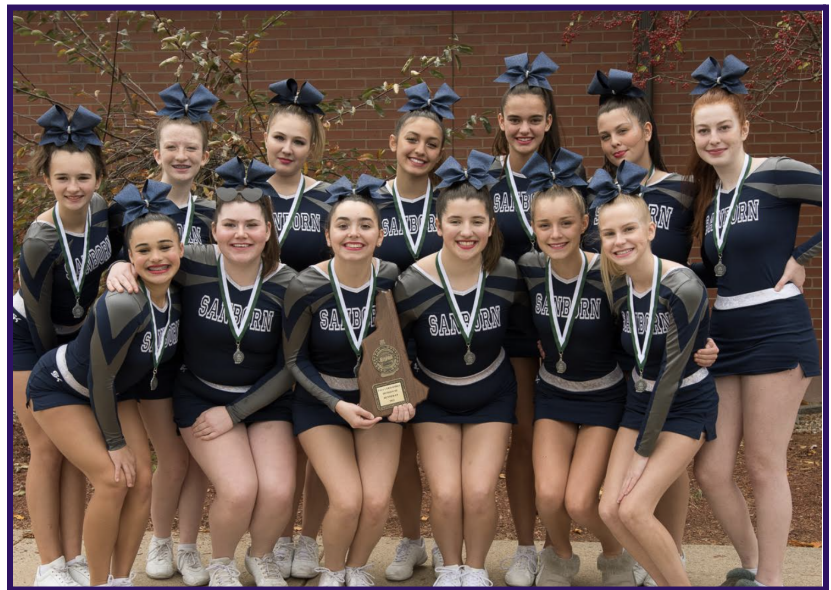
Thanks as always to Kevin Pillsbury for his pictures of our student-athletes.

2nd at States!

Fall Spirit Team:

Front Row Left → Right:
Kaliana Dow, Ashley Marlowe, Anna D'amato (capt), Gwen Libby (capt), Kaitlyn Stocker, Chloe Taylor.

Back Row Left → Right:
Maya Dostie, Emma McGregor, Alaura Gates, Soly Acevedo, AnnaBarlow, Kadcence Stevens, and Vivian Flynn.



Winter sports will be upon us very soon. Please check out your school and sports info below, and don't miss the info way down at the bottom about free physical exams if you need one!

Registration for all sports will be on [Final Forms](#) as usual. Physical exams must be up-to-date, and in Final Forms as well. Remember--physicals must be no older than 13 months at any time during a student-athlete's participation. If you get stuck, please reach out! Note also that all game **schedules** this year will be on our [Website](#) (soon, I promise!), and practice, bus, and game change information communicated exclusively via SportsYou. See team-by-team info below on how to sign up.

Bowling: Practice commences earlier than other sports; you start up Thursday, November 16th (tentative). Coach Leyland is back! You can reach her at wrleyland@gmail.com, and make sure to sign up for [Bowling SportsYou](#).

Ice Hockey: We are awaiting the final word on our co-op expansion. Practice will begin at PEA on Nov. 27th, at 9pm. You can reach Coach Merrick for more information at shsicehockey@comcast.net. Or check out: [Ice Hockey SportsYou](#)

Boys and Girls Basketball: Tryouts / practices begin Nov. 27, with the girls first that day. Information will be coming via SportsYou to those signed up there. Boys' Coach Souther's email is rsouther@sau17.net, and check out the [Boys BB SportsYou](#). Girls' Coach Gray can be reached at bgray@sau17.net, and their SY account is here: [Girls BB SportsYou](#).

Cheer: Make sure to sign up on Final Forms. Their fall season is still ongoing, so be patient. Practices for the winter will begin Nov. 27. You can reach Coach Rehrauer at rehraueralyssa1@gmail.com, and on [Cheer SportsYou](#)

Track & Field: Practice kicks off at 3:00 on Nov. 27th. Student-athletes, see Coach Alley, or parents you can email her at kalleyvioletta@sau17.net, or Coach Maxwell at smaxwell@sau17.net. The Track (Winter and Spring) [SportsYou](#) link is back

Dr. Bob Dawson
Asst. Principal, Athletic Director
rdawson@sau17.net 603-765-4552

ApplyNH is Coming to Sanborn:

On November 14th, all Seniors will have an opportunity to apply to all NH Colleges and Universities for free! Students should plan to have their essay and common application completed and ready to submit. Students should sign up for a timeslot in the counseling office.

3 Tips for Connecting with your Teen

- Look for ways to check in with your teen. Ask them how their day has been and what they have been doing. It could be by inviting them to join you in a task, such as preparing dinner, so you can use the time to chat about their day.
- Find a few ways you can support and encourage your teen to take breaks (from schoolwork, housework, or other activities they may be working on) to do things they enjoy.
- Be honest and transparent with your teen: you can let them know that you are experiencing extra stress as well. Showing them how you deal with your own difficult feelings can help them know their feelings are okay. It can be easy to notice the things your teen is doing that you do not like. But also try to notice and praise them for something they are doing well – even something simple like cleaning up after themselves.

Free and Reduced Lunch Information:



The school district is facing a demographic change. Historically, participation in free and reduced meal prices has hovered between 14 and 16 percent. Our most recent year, participation has declined to 7 percent. We continue to have food insecurity for some of our students, which has a detrimental effect on student learning and achievement.

With the help of the School Board, we have identified two areas that can have a significant impact on resolving food insecurities, as follows:

1. The School Board approved a “Meal Assistance Program” that receives donated funds to be spent purchasing food for students who do not otherwise qualify for free and reduced meals. To date, the program has received \$1,240.
 - a. Donations can be accepted by mail at 51 Church Street, PO Box 429, Kingston, NH 03848.
 - b. Students in need of meal assistance should speak with their school counselor or school nurse.
2. Families can apply for free and reduced meal prices. Applications can be obtained at the main office of each school or online by [CLICKING HERE](#).
 - a. Qualified families will receive free or reduced meal prices, according to their household income.
 - b. The District will receive additional state aid for “adequate education” and federal grant funding for additional reading and math assistance.

If you have any questions, please contact any school Principal or me, the Business Administrator.

Thank you,

Matt Angell, Business Administrator
Sanborn Regional School District



Classroom and Co-Curricular Happenings:

Key Club wants to Help YOU:

Does your group/organization need help with an event? The Sanborn Regional High School Key Club wants to help! Now it is easier than ever to request help from the Key Club. Simply fill out **THIS FORM**, and someone from the Key Club will be in contact with you. If you have any questions, please reach out to **Meghan Petruzzi** and/or **Jillian Swist**.



The poster features a yellow background with a red border. At the top left is the Key Club International logo, a circular emblem with a 'K' in the center. To its right, the text 'SRHS KEY CLUB' is written in a bold, sans-serif font, followed by 'THANKSGIVING FOOD DRIVE' in a larger, bold, sans-serif font. A large blue letter 'S' is positioned to the right of the title. Below the title, a red banner contains the text 'PICK UP DATE: NOV. 15'. Underneath that, another red banner says 'DROP OFF: SRHS MAIN OFFICE'. A decorative border of colorful autumn leaves separates the top section from the middle. On the left, a cartoon turkey wearing a black Pilgrim hat is shown. A speech bubble next to it says 'PURCHASE THROUGH HERE!'. To the right of the turkey, a red rounded rectangle contains the text: 'DONATED FOOD WILL BE USED TO CREATE THANKSGIVING BASKETS FOR FAMILIES INVOLVED WITH END 68 HOURS OF HUNGER AND IN CONNECTION WITH LOCAL FOOD PANTRIES!'. Below the turkey, a white rounded rectangle with a blue header says 'LINK TO REGISTRY:'. Inside this box is a Walmart Registry QR code and the text 'SRHS- Thanksgiving Baskets', 'Buying in store?', and 'walmart.com'. To the right of the registry box is an illustration of a roasted turkey on a platter with vegetables. At the bottom left, there are two pumpkins. On the bottom right, a grey rounded rectangle contains the text: 'THE GIFT CARDS WILL BE THE HARDEST TO COLLECT AT THE SCHOOL. HAVING COMMUNITY MEMBERS PURCHASE THEM THROUGH THE REGISTRY IS PREFERRED AND WILL BE GREATLY APPRECIATED TO ROUND OUT THE BASKETS FOR THE TURKEY.'

**Sanborn-Epping
Ice Hockey**

**Holiday
Craft Fair**

Sanborn Regional High School

**November
18th**
9am-3pm
**FREE
ADMISSION**

90+ Vendors
Handmade Gifts
Home Decor
Specialty Food Items
Raffles

Email inquiries to
Sanborneppinghockeyboosters@gmail.com

NHS PEER TUTORING



Thursdays during AWT in the Library there will be National Honor Society members available for **FREE tutoring in the following courses:**

Math	Algebra 1 and 2, Geometry, Pre-Calc, Calculus, Statistics
Science	Physical Science, Biology, Anatomy & Physiology, Chemistry, Physics, other electives as needed
Social Studies	Freshmen and Sophomore courses, and all electives as needed
English	Freshmen and Sophomore courses, Writing, Peer Editing, Presentation Practice, Book discussions based on what is being read in class
Spanish	Levels 1-4
French	Levels 1-4
Technology	all electives as needed

TO SCHEDULE AN APPOINTMENT: Fill out the form linked to the QR code. A tutor will reach out and confirm a match soon after. You will need to get a pass to the Library.

* If you need a course that is not listed above, feel free to email Mrs. Mulvey (emulvey@sau17.net) to inquire. We may be able to provide some peer tutoring!

PRO STAFF DRIVING SCHOOL Sanborn Regional HS

COURSES OFFERED

Jan 3-Feb 21,2024
 Mar 6-Apr 18,2024
 May 1-Jun 19,2024
 June 26-Aug 14,2024



Teaching today,
 for tomorrows
 SAFE DRIVERS!

Register @
www.prostaffdrivingschool.com
 (603)642-4208

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<u>Library News</u>	<u>PTO Announcements</u>	<u>Exeter Adult Ed 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>Daily Announcements</u>	<u>Student Job Opportunities</u>	<u>2023-2024 SRHS Calendar of Events</u>	<u>Student Group Fundraising Information</u>
<u>Sanborn Seminary Trustees</u>		<u>Visit our Website</u>	<u>Monthly Scholarship Newsletter</u>	