



SANBORN REGIONAL MIDDLE SCHOOL

# Weekly Newsletter

*A newsletter that promotes our core values of  
Self Directed, Perseverance, Inspiration, Responsibility,  
Independence, and Tolerance*

October 29, 2023

## Sanborn Regional Middle School

17 Danville Road, Kingston, New Hampshire 03848

(603) 382-6226

[www.sau17.net](http://www.sau17.net)



Visit Our Website

2023-24 SRSD Calendar

Past Newsletters

SRMS Facebook

Join the SRMS Boosters

SRMS Athletic Update

SRMS Bus Routes

Grading & Reporting Manual

Student Handbook

### Homework Links

6th Grade

7th Grade

8th Grade

*Please note that the homework assignments posted on these links are subject to change and may be updated on a daily basis. If students have any questions about an assignment, they should email or see their teacher.*

### Dear Students and Families,

We hope that everyone had a nice weekend. Last week marked the end of the fall sports season at SRMS. Below is a summary of the season from our Athletic Director, Dr. Dawson.

**Boys Soccer** played hard throughout the season, as Coach Gannon did his best to play all 25 players on the team. The future looks bright with 14 sixth graders on the roster,



and a few boys moving up to the high school will make an immediate impact up there.

**Girls Soccer** earned a tournament berth, finishing the regular season 4-6. Hosting Amherst in the first game, Gabby St. Cyr scored an overtime goal, helping the team advance to a quarterfinal game against a tough Hampstead squad, eventually falling to the Hawks. Shout out to Cassie Ahern, who held tough in the goal all year. Thanks also to coach St. Cyr and Hewitt for their great work with the team.



**Cross Country** had a very successful season with 25 student-athletes running. At the Division 3 State meet, facing competition from across the state, our boys finished 10th, paced by Justin Fowle's 14th-place finish. The girl's team placed 8th out of the 23 teams, with Sierra Dutton finishing in a very impressive 8th place in her first season running! Coach Colford will have most of her top runners back next year, so we'll expect great things.



The **Field Hockey** team advanced to the Tri-County semifinals! On Tuesday, during the completion of their preliminary game, Mele Palma finished a penalty corner to seal an overtime win over a tough Amherst squad. Shout out to goalie Kaleigh Obert, who was in her first year back-stopping the team. Coach Stefanile...OK, both coaches were Coach Stefanile...did an amazing job this fall making it work with a small roster of just 12 girls, most of whom will be back for 2024!



**Fall Sports Awards** for the middle school will be November 14th at 5:30 in the auditorium.

**Parent Book Club** - SRMS School Counselor, Ms. Byrne, is starting a Parent Book Club later this month. For more information about the club and the book that was selected, please see page 4 below.

**Parent Teacher Conferences at SRMS** - Parent Teacher Conferences will be held on Thursday, November 9th and Thursday, November 16th from 2:30-5:30 each day. For core academic classes, conferences will be 10 minutes in length, and families will meet with one-half of your student's grade level team. Our reason for splitting the grade level teams in half is to offer twice as many conferences (72 versus 36 over the 2 days). Although you will not see all of your child's core academic teachers, the teachers will be prepared to share feedback with you for all classes. In addition, you will have an opportunity to meet separately with your student's Unified Arts (Art, Music, Wellness, etc.) teachers. Since many of our UA teachers are shared staff and teach in both the high school and middle school, they will not be available for the full 6 hours of conferences.

To sign up for parent-teacher conferences, please call the middle school main office at (603) 382-6226 during school hours (8 am - 2 pm) on Thursday, November 2nd, Friday, November 3rd, or Monday, November 6th. If you call and leave a message, please know that until you get a confirmation from us, your meeting time is not scheduled.

Have a great week!

Matthew Malila      Jay Trafton

SRMS Principal      SRMS Assistant Principal

# A Message From School Counseling

## *Parent Information Podcast*

The Substance Abuse and Mental Health Services Administration, also known as SAMHSA, has a new podcast, [“What Parents Are Saying — Prevention Wisdom, Authenticity, and Empowerment.”](#) This is a great platform for parents and caregivers to get informed, be prepared, and take action by having open and honest conversations with their kids about substance use and mental health.

Hosted by Debbie Berndt, Director of Parent Movement 2.0, the podcast features discussions with parents, caregivers, and nationally recognized experts lending their unique perspectives and experiences on how to navigate conversations around these important topics.

Recent and available topics are:

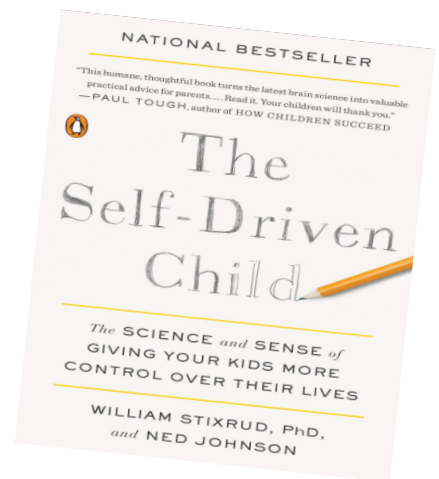
- Parenting Through The Holidays
- Raising and Socializing Drug Free Kids
- A New Way to Communicate With Kids

**If you’ve got a commute, want to learn more about prevention issues, or to learn new ways to connect with kids, this is a great resource.**

# SRMS Parent Book Club



I read [\*The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives\*](#) when my kids were in High School, and all the while I was reading it, I was wishing I'd read it when they were in middle school. The transition that kids go through while in middle school is tremendous, as is the parenting transition we go through during this time. It is a delicate dance of guiding, making sure they are safe, and building mutual trust, while at the same time letting them become more independent. It is incredibly challenging to say the least. I have been wanting to share this book with middle school parents ever since, and here is my opportunity! **I invite you to join me for the inaugural...**



## SRMS Parent Book Club!

We will get together in the Sanborn Middle/High School Library on Monday evenings, October 30, November 6, and 13 from 6:30 to 7:30. We'll read and discuss the book over those four weeks, learning from the content of the book, as well as from one another as parents. Kingston Community Library will have multiple copies of the book available to borrow (Newton residents can get a library card there!) if you'd rather not purchase a copy.

I am excited for the opportunity to meet parents in the community as I settle in as a new School Counselor in the district. Please email me with any questions or to sign up at [kbyrne@sau17.net](mailto:kbyrne@sau17.net).

Thank you so much, and I look forward to meeting you and reading with you.

~Kara Byrne  
SRMS School Counselor (A-L)



## **The Giving Tree - Holiday Gift Assistance Program**

As the holiday season approaches, we recognize that some families may need a little extra support to ensure their children experience the magic of the season. With this in mind, our district is offering a Holiday Gift Assistance Program: The Giving Tree

If your family could benefit from this program, please fill out the form provided below. (Please note that a separate form must be completed for EACH child). Once completed, our dedicated team will ensure that festive gifts are prepared and ready for pickup. Gifts are purchased by the faculty, staff and community members.

[Click Here For the Sanborn Giving Tree Sign Up Form](#)

For many, the holidays are a time for unity, sharing, and spreading happiness. We recognize for some, holidays can be challenging. We're here to support and uplift our community, making sure every child has a gift to unwrap and a smile on their face.

Warmest holiday wishes,

Sanborn School District

# SCARE AWAY HUNGER!



**SRHS HALLOWEEN FOOD DRIVE**

**10/30-11/3**

**THE SRHS STUDENT COUNCIL IS  
COLLECTING FOOD DONATIONS FOR  
END 68 HOURS OF HUNGER.  
DONATIONS CAN BE DROPPED OFF IN  
ROOM 101 ROOM 110 OR IN THE  
LABELED BOXES IN THE HALLS  
BETWEEN MONDAY 10/30 AND  
FRIDAY 11/3.**

## **WHAT WE NEED MOST!**

|                              |                               |
|------------------------------|-------------------------------|
| <b>TUNA/CHICKEN<br/>SOUP</b> | <b>NUTRI-BRAIN BARS</b>       |
| <b>MAYONNAISE</b>            | <b>PEANUT BUTTER CRACKERS</b> |
| <b>CANNED PASTA</b>          | <b>PASTA</b>                  |
| <b>MAC N' CHEESE</b>         | <b>CANNED PASTA SAUCE</b>     |
| <b>CANNED FRUIT</b>          | <b>PEANUT BUTTER</b>          |
| <b>GRANOLA BARS</b>          | <b>CANNED VEGETABLES</b>      |
| <b>SLEEVES OF CRACKERS</b>   | <b>OATMEAL</b>                |
|                              | <b>JELLY</b>                  |

# End 68 Hours of Hunger



Dear Parents and Guardians,

The Sanborn Regional School District partners with *End 68 Hours of Hunger*, a local nonprofit food program whose mission is to help families in need feed their children over the weekend. This program helps provide students with extra meals from Friday evening through Sunday evening, helping them be better prepared to come to school on Monday morning nourished and ready to learn. All food is non-perishable and easy to prepare. We collect food items for *End 68 Hours of Hunger* at all schools to support our local families. *Please note that this is a non-profit organization and not a District sponsored program.*



If you feel this is a program from which your child could benefit, please fill out the permission slip below, and return to your child's school counselor! Your child will receive a bag of food on Friday afternoons.



If you have any questions, please contact any of our counseling staff.

Bakie counselors:

Angelica Gardella [agardella@sau17.net](mailto:agardella@sau17.net) and Sue Petela [spetela@sau17.net](mailto:spetela@sau17.net)

Memorial counselors:

Rachel Nippert: [rnippert@sau17.net](mailto:rnippert@sau17.net) and Amy Collins [acollins@sau17.net](mailto:acollins@sau17.net)

Middle School counselors:

Kara Byrne: [kbyrne@sau17.net](mailto:kbyrne@sau17.net) and Tiffany Fabiano: [tfabiano@sau17.net](mailto:tfabiano@sau17.net)

High School Director of Counseling:

Heidi Leavitt: [hleavitt@sau17.net](mailto:hleavitt@sau17.net)

District Social Worker:

Kara Prah: [kprahl@sau17.net](mailto:kprahl@sau17.net)



## Permission to Participate in Weekend Food Program:

I give permission for my child \_\_\_\_\_ to participate in the End 68 Hours of Hunger Food Program. I understand that my child will receive a bag of food each Friday afternoon.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

Check One:  Send home with student  Parent pick up





## A Message from SoRock: WELCOME BACK SANBORN!

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.

**The month of October signifies National Substance Misuse Prevention Month — a time for communities to come together as partners in prevention. This month is also a time to acknowledge those in recovery, as well as children, parents, family, and friends supporting them.**

The last week of October is Red Ribbon Week. Stay tuned for RRW happenings!

Are you a Parent in Recovery? [Children Learn a Lot from Your Recovery!](#)  
Need Help with Your Recovery? [Click Here for NH Recovery Support Resources](#)  
Are you impacted by the substance use of a loved one? [Find support here](#) and [here](#)

Check out our upcoming free Community Screenings and Panel Discussions open to the public! Registration is required. Click on the posters to learn more about the films and watch the trailers.

FREE screenings of award-winning films

**Oct 24**

**SCREENAGERS UNDER THE INFLUENCE**

RED RIBBON WEEK

ADDRESSING VAPING DRUGS & ALCOHOL IN THE DIGITAL AGE

Register



FREE screenings of award-winning films

**Nov 7**


ADDRESSING MENTAL HEALTH IN THE DIGITAL AGE

**SCREENAGERS NEXT CHAPTER**

UNCOVERING SKILLS FOR STRESS RESILIENCE

HIGH STRESS, ANXIETY AND DEPRESSION ARE EXPERIENCED BY MILLIONS OF YOUNG PEOPLE. WE FOLLOW PHYSICIAN AND FILMMAKER, DELANEY RUSTON, AS SHE DISCOVERS SOLUTIONS FOR IMPROVED ADOLESCENT WELL-BEING IN THE DIGITAL AGE.

Register



[screenagersmovie.com](http://screenagersmovie.com)



**SOUTH CENTRAL NH PUBLIC HEALTH NETWORK**  
The Partnership and Shared Commitment to Your Well-being  
AN INITIATIVE OF GRANITE UNITED WAY

**6:30-8pm**  
**Timberlane PAC**  
40 Greenough Rd, Plaistow



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Follow [@sorocknh](#) on FB to stay informed. If you have questions in the meantime visit [sorocknh.org](http://sorocknh.org), [drugfreeh.org](http://drugfreeh.org) or reach out to me at [sorocknhcc@gmail.com](mailto:sorocknhcc@gmail.com) We want to hear from you, how can we help?



The SoRock community needs assessment survey results identified mental health and substance use as the top community concerns in 2021-2022. [Take the 2022-2023 survey here!](#)

**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](mailto:sorocknhcc@gmail.com) to set something up.

**Learn more about Suicide Risk factors, protective factors, and warning signs**

**Need Help Now? Dial [988](#) or call [New Hampshire Rapid Response Access Point](#) Call/Text 833-710-6477 or [Chat Now](#)**

**Remember, we are here for all ages. Supporting the wellness of the community across the lifespan is the only way to ensure healthy youth!**

**SoRock always has FREE resources for the community. Locking medication boxes, Rx disposal pouches, keyed firearm trigger locks, Overdose prevention kits including Narcan & Fentanyl test strips. Parent and relative caregiver resources/prevention power packets.**

Would you like to know more about SoRock, how we operate and what we do?

Email Charlotte Scott, Program Director [sorocknhcc@gmail.com](mailto:sorocknhcc@gmail.com) or call 603-642-3341 x 1235

# A Message From Sanborn Regional School District

## *Meal Assistance For Students*

Dear Parents,

The Sanborn Regional 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 at the following address <https://sanbornregional.linqnutrition.com/FreeReducedApplication.aspx> .
  - 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

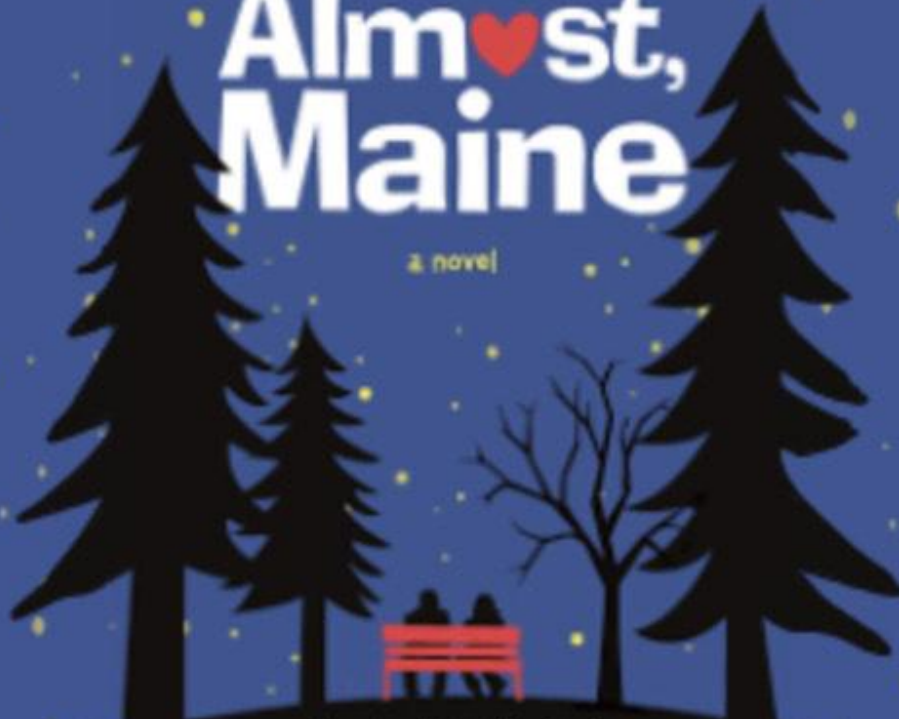


**Please join us at this community-wide event with food, crafts, and games.**

Sanborn Regional High School Presents . . .

# Alm♥st, Maine

a novel



play by John Cariani

## Dates:

November 2nd and 3rd at 7pm

November 4th at 1pm and 7pm

## Tickets:



\$10 a ticket and \$5 for all at the matinee



\$5 for Students and Senior Citizens



**Tickets available outside auditorium before the show!**



## A Message from Sanborn Girls Basketball Program



 *Calling all basketball fans and Sanborn Girls Basketball players, Current and Alumni!* 

 Join us for an epic basketball showdown at the Sanborn Girls BLUE/GRAY Game on **November 17th, 2023** from 5:30pm until 8PM at the Sanborn Regional High School Gym! 

 This event is for girls in grades K-12, so spread the word and encourage your friends to sign up! We will have contests between quarters, raffles and skills sessions for youth at halftime. We will have participants divided into age groups by quarters and will keep a running tally of the scores for the game to see which side gets ultimate bragging rights, Blue or Gray! 

 Get ready to groove to the beats of internationally renowned DJ Cliff West, who will be spinning the hottest tracks throughout the game! 

 It's not just about the game, it's about celebrating the Girls Program and Sanborn Community Basketball and giving back to the community. We'll be collecting food donations for our local food pantry, so let's make a difference together. Last year, we collected over 500lbs of food! 

 Interested in being a part of this exhilarating event? Fill out the form below and secure your spot! Plus, if you plan on trying out for the High School Teams, this is a fantastic opportunity to showcase your skills and make a positive impact before the season starts! 

[Click Here to Sign Up for the Girls Blue/Gray Basketball Game](#)

**\*\*\* Students who sign up before October 26th get a free t-shirt!**

Let's come together, cheer on our amazing teams, and create memories that will last a lifetime! See you on November 17th! For more information about the event, please click the link below.

[Click Here for the Flyer for the Girls Blue/Gray Basketball Game](#)



# **SANBORN COMMUNITY BASKETBALL REGISTRATION**

**REGISTER NOW @ [WWW.SANBORNCOMMUNITYBASKETBALL.ORG](http://WWW.SANBORNCOMMUNITYBASKETBALL.ORG)**

## **YOUTH LEAGUE** Grades 3-8

Early November - Skills assessment  
Mid-November - Team practices begin  
December - Games begin grades 5/6 and 7/8  
December - Jamboree for grades 3/4  
January - Games begin grades 3/4

### **Registration Fees**

\$100 Registration fee  
\$39 Reversible jersey (reusable year to year)  
\$25 Registration discount after second child

## **CO-ED SKILLS PROGRAM** Grades K-2

Saturday mornings starting in December  
Skill sessions and 3 v 3 scrimmages

### **Registration Fees**

\$60 Registration fee (includes reversible jersey)  
\$30 Registration fee (no jersey/reuse last year)

***Please email questions to: [SanbornCommunityBasketball@gmail.com](mailto:SanbornCommunityBasketball@gmail.com)  
Follow us on facebook for more information. This is not a SRSD sponsored event.***

# Technology Fun Night - CLVI

## Friday, November 17, 2023

### 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.**

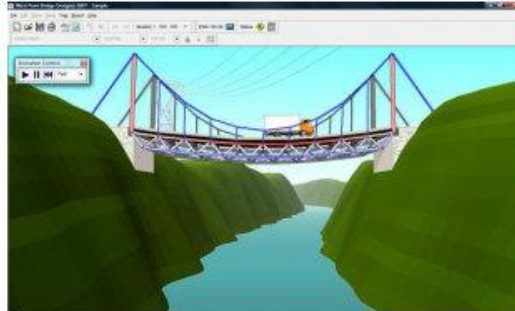


Why: This school year, the Seacoast School of Technology is offering a series of events for students to show just how much fun learning about technology can be.

How to sign up:

Register online @ <https://sst.sau16.org/en-US/technology-fun-nights-f4734f0b>.  
Registration opens 8 AM on Tuesday, October 17, 2023. Registration deadline is  
November 17, 2023. Limited to 25 students on a first come first served basis.

This month the activity involves Engineering. Come learn about building bridges, skyscrapers and rollercoasters. See how much fun being an engineer can be. There will be door prizes.



Any questions, contact Mr. Messa at [nmessa@sau16.org](mailto:nmessa@sau16.org) or 775.8623

**Come join in the fun!!!!**