



SANBORN REGIONAL MIDDLE SCHOOL

# Weekly Newsletter

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

December 3rd

## 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,

The 1st trimester has come to a close and teachers are now finalizing grades. It is our plan to email the *1st trimester report cards* on Friday. If the date changes, we will notify students and families.

**Band Concert** - The SRMS Music Department invites you to A Winter Band Concert on Tuesday at 6pm in the SRMS/HS auditorium. For more information, please see the flyer on page 3.



**Choral Concert** - The SRMS Music Department invites you to A Winter Choral Concert next Tuesday at 6pm in the SRMS/HS auditorium.

**SRMS Boosters Meeting** - The next middle school Boosters meeting has been ***moved to this Monday, December 4th*** at 6:30 in the library. All families and staff are welcome to attend.

**Movie Night at SRMS** - Our Boosters are hosting a middle school Movie Night (**Home Alone**) here on Friday, December 8th at 7pm. If you are able to make a donation to the movie night or help with set up, chaperoning, or clean up, please click the link below. For additional information about the event, please see the flyer on page 4.

[Click Here For SRMS Movie Night  
Chaperone & Donations Sign Up](#)

**Family/Community Training** - Parents/Guardians and community members are encouraged to attend a community training on suicide prevention here in the SRMS/HS library on Friday evening from 7:00-8:30. With the middle school movie night occurring at the same time, it is a great opportunity for parents and guardians to attend this event while their children are at a school related event. For more information, please see the event flyer on page 5 below.

**Winter Sports Update** - The winter sports season is in full swing. To view sports schedules, please click the link below.

[Click Here for SRMS Winter  
Sports Schedules](#)

Have a nice week!

Matthew Malila      Jay Trafton

SRMS Principal      SRMS Assistant Principal

**Sanborn Regional School District  
Music Department**

*Proudly Presents...*  
*A Winter Concert*



*Featuring*  
*6th Grade Band*  
*and*  
*7th & 8th Grade Band*

*Tuesday, December 5, 2023*  
*6-7PM*

Sanborn  
Regional  
Middle  
School  
Boosters

# MOVIE NIGHT

JOIN US TO WATCH  
**HOME ALONE**

**HOT CHOCOLATE  
BAR  
SNACKS  
DRINKS  
AVAILABLE FOR  
PURCHASE**

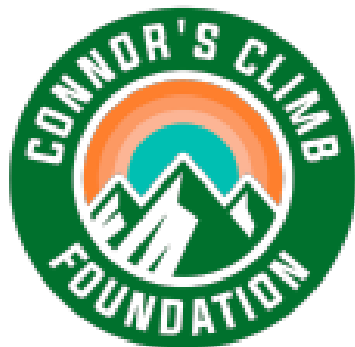
**Friday  
December 8 2023  
7:00 - 9:00 PM**

SRMS Cafeteria  
17 Danville Road  
Kingston NH

**STUDENTS ARE  
ENCOURAGED TO  
WEAR  
FESTIVE CLOTHES  
PAJAMAS**

**Purchase a \$5 Bag filled with interactive  
fun to enjoy your movie experience!**

School appropriate clothing - no backpacks or bags.  
This is not a Sanborn Regional School District sponsored event.  
The event is held by SRMS Boosters.



## JOIN US FOR A FAMILY/COMMUNITY TRAINING!

Suicide prevention for families and the community, hosted by SAU 17!

### WHEN:

Friday, Dec 8, 2023  
7:00-8:30 PM

### WHERE:

Sanborn Middle  
High School  
17 Danville Rd.  
Kingston, NH 03848

[WWW.CONNORSCLIMB.ORG](http://WWW.CONNORSCLIMB.ORG)



## **A Message From School Counseling**

### *What Can We Do to Support Our Families and Friends This Season*

The stressors and issues that the holiday season can bring about are almost on par with the joys and happiness that it brings. This is why it is so important to know the signs of substance misuse, as well as indicators that a friend, family member, coworker or even yourself, may need some help. Check below for ways to help, as well as ways to look out for the people that matter most to us this season.

#### Signs of Substance Misuse:

- Changes in personality, social groups or habits.
- Lethargy or depressed mood.
- Changes in appearance, demeanor or sudden illness.
- Abrupt weight change.

#### What to Do For Others:

- Talk to them, offer help.
- Know your boundaries.
- Call 1-800-662-HELP for treatment referrals

#### What to Do For Yourself:

- Find treatment, either inpatient, or outpatient.
- Lean on people you trust.
- Call 988 if you are in crisis

## **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

# 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

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.

### SoRock Community Champions at Sanborn!



Last night SoRock thanked community champions from all of our towns at our 2023 Community Appreciation Night. Sanborn has MANY community champions and we appreciate them all, here are a few of the standouts nominated this year! SoRock also recognized the district for their ongoing support and collaboration!

**This is the last week of the Bruins Raffle Fundraiser! [Get your tickets here!](#)**

**Welcome December!**

[The Truth About Holiday Spirits](#)

[4 Mindful Tips to De-Stress This Holiday Season](#)

[Seven Ways to Cope with Holiday Stress](#)

[NH Food Bank](#)

Follow [@sorocknh](#) on FB to stay informed. If you have questions in the meantime visit [sorocknh.org](#), [drugfreenh.org](#) or reach out to me at [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](#) 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](#)

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](#)

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



# SRHS PTO HOLIDAY PARTY

Saturday, December 9, 2023  
10:00 am - 12:00 pm (noon)  
17 Danville Road, Kingston, NH

**SUPPORT SANBORN GROUPS  
THROUGHOUT THE EVENT!**

Breakfast \$5 per person

**CRAFTS**

**Photos with Santa**

*Bring your camera and capture some  
holidays memories with your family!*

**REFRESHMENTS**

**FOOD**

**Basket Raffle**

to benefit all Sanborn groups

**FUN**

Bring your gingerbread house from home  
to enter to win

*Sanborn's Best Gingerbread House From the Block!*

Have a question?  
Email SRHS PTO  
hspto@sau17.net

Not a Sanborn Regional School District event  
This is sponsored by SRHS PTO



JOIN KINGSTON RECREATION

# A CHRISTMAS CAROL



AT THE  
PALACE THEATER

SUNDAY, DECEMBER 10TH 2PM

DEPARTING KINGSTON TOWN HALL AT 12:30  
RETURNING AT 5:30PM




EVENT OPEN TO ALL!

**\$33 PER TICKET**

**MUST PRE-PAY AT TOWN HALL**

MUST REGISTER WITH PAUL BUTLER  
KINGSTON.RECREATION24@GMAIL.COM

OR (603) 418-5306



# Technology Fun Night - CLVII

## Friday, December 15, 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 the local food bank per person. If you would like to bring more cans, all donations will gladly be accepted.

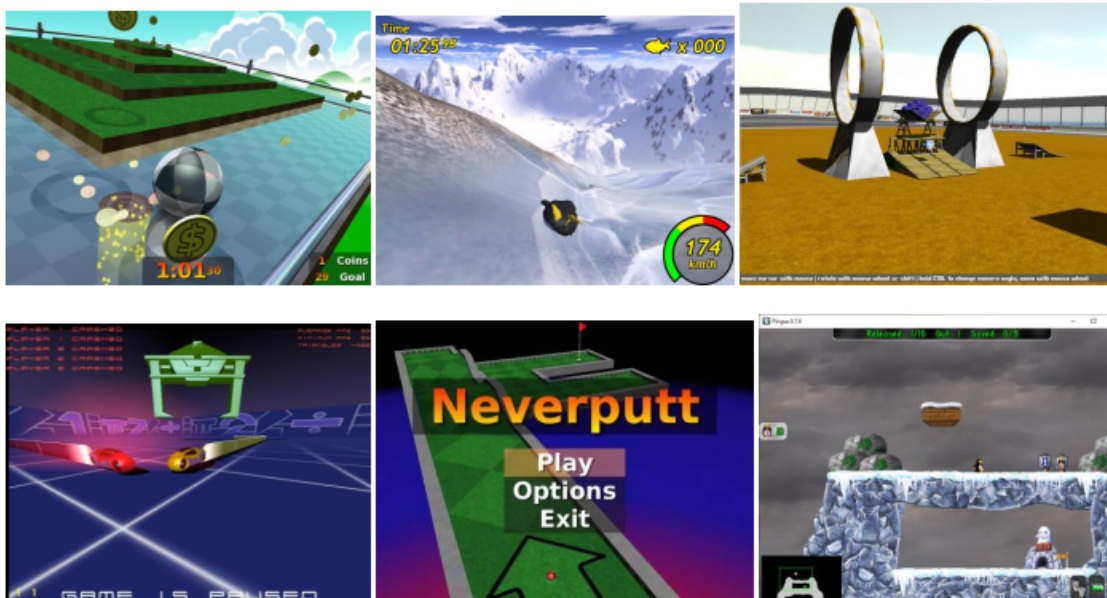
Why: This school year, the Seacoast School of Technology is offering a series of events for students to show just how much fun learning about technology can be.

How to sign up: Register online @ <https://sst.sau16.org/en-US/technology-fun-nights-f4734f0b>.

Registration opens 8 AM on Monday, November 20, 2023. Registration deadline is December 14, 2023.

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](mailto:nmessa@sau16.org) or 775.8623

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



# SANBORN MIDDLE SCHOOL BOOSTERS FUNDRAISER

This is not a SRMS  
sponsored event.



**THURSDAY JANUARY 11 2024 10AM-10PM**

On Thur Jan 11th from 10am-10pm candlepin or ten pin bowl and/or play the arcade games at Gametime Amesbury MA and 25% of participating sales will be donated to the Sanborn Middle School Boosters!

Please let Gametime know you are a fundraiser participant upon arrival

Gametime Lanes & Entertainment 84 Haverhill Rd Amesbury MA [gametimelanes.com](http://gametimelanes.com)

Families do not need to bring a flyer to the bowling alley, but mention it when they are there.



# ***SANBORN COMMUNITY BASKETBALL REGISTRATION***

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

## ***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.***