



SANBORN REGIONAL MIDDLE SCHOOL

Weekly Newsletter

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

February 4th

Sanborn Regional Middle School

17 Danville Road, Kingston, New Hampshire 03848

(603) 382-6226

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 you are all having a nice weekend. Due to Monday's snow day, the SRHS Incoming Freshman Information Night was postponed to this **Monday, February 5th at 6pm**. All 8th grade students and their families are encouraged to attend. For more information, please see the flyer on page 5 below.

Incoming Freshman Information Night

Welcoming the
Sanborn Regional
High School
Class of 2028!



SRMS Boosters Meeting - The February SRMS Boosters meeting will be Tuesday, February 6th at 6:30 in the SRMS/HS library. All families and staff are welcome to attend the meeting.

Middle School Dance - On Friday, February 9th from 7:00-9:00, the middle school Boosters are hosting a middle school dance in the cafeteria. To help ensure that the dance is a success, we need parent and staff volunteers, as well as drink and snack donations. To volunteer to help out with set up, chaperoning, or clean up and/or to make drink & snack donations, please click the link below. Please note that *as of Friday, we did not have enough chaperones to hold the dance*, so *if you are available please consider signing up*. For more information, please see the flyer on page 6 below.

[Click Here for Dance Chaperone and Drink & Snack Donation Sign Up](#)

Student Council Food Drive - SRMS Student Council is sponsoring a food drive to help support End 68 Hours of Hunger now through February 16th. Students can drop non-perishable items off in their period 1 class.

Middle School Spring Drama Production - Our Drama Club would like students to know that there will be a sign-up sheet posted later this week outside of Ms. Woulfe's classroom for the Spring play, "Young Sherlock Holmes and the Mystery at Miss Potter's School". All students are encouraged to join the Drama Club and be a part of a highly entertaining plot that involves a kidnapping, the Queen, the evil Professor Moriarty, the Piccadilly Fair, and a cast of familiar characters. All middle school students are eligible to audition. Auditions will be held after school until Late Bus on February 15th. Students will receive a rehearsal schedule when they sign up, in order to be able to make a decision as to commitment. Mrs. Misenheimer and Ms. Woulfe look forward to seeing you at auditions!



Winter NWEA Testing - Last Wednesday, January 31st, all students at SRMS took the NWEA assessment in Reading. This Wednesday, February 7th, the students will be taking the Math assessment. To help ensure that your child is ready for the assessment, please encourage them to bring their fully charged Chromebook to school, get a good night's sleep, and have breakfast at home or school.



Regarding the NWEA, please note that it is not a State assessment, but an assessment that the district has been using for years to measure student achievement and growth K-12 in English Language Arts and Mathematics. The results will be used by teachers and administrators to find areas of need among our students; identify students who could benefit from intervention, and determine which classroom instructional practices are creating the most academic growth. Students are encouraged to try their best on these assessments so we get reliable data and can use it to address any areas of need among our students. The results of the assessments will be sent home to parents/guardians. For more information about the assessment, please click the link below.

NWEA Assessments

Parents/Staff versus Students Basketball Game - On Friday, March 29th at 6pm in the SRHS/MS gym, the SRMS Boosters are hosting the annual parent/staff versus students basketball game. Any parent/guardian interested in playing in the game can sign up at the link below. If you are not interested in playing in the game, please come out to cheer on the teams, support our Boosters through purchasing concessions and raffle tickets, or consider helping our Boosters by volunteering before, during or after the game.



[Click Here for Parent/Guardian Sign Up for the Parents/Staff vs. Students Basketball Game](#)

MS Basketball Tournament - Our boys and girls basketball teams are hosting tournament games tomorrow, Monday, February 5th, here in the big gym at SRMS/HS. The boys game tips off at 3:30 and the girls game at 5:00. Good luck to our teams!



Have a great week!

Matthew Malila

Jay Trafton

SRMS Principal

SRMS Assistant Principal



Cereal Box Challenge!

February is Random Acts of Kindness Month and a perfect time to practice giving back! This year we are collecting boxes of cereal to be donated to the community. The boxes will be set up like dominos through the school, illustrating how we all impact each other!

Boxes can be dropped off in the SRMS guidance offices now through Feb 13, with the demonstration on Feb 14th!

Check out a video of the challenge at the link below to get inspired!

[Click Here for Link to Video](#)

Incoming Freshman Information Night

Welcoming the
Sanborn Regional
High School
Class of 2028!



Join us!
MONDAY
~~JANUARY~~
~~28th~~
6:00PM - 7:00PM

FEB 5th

INCOMING FRESHMEN WILL :

- Learn about high school course offerings & graduation requirements
- Find out about extracurricular & sport opportunities
- Receive a tour of the school
- Ask questions to get ready for your high school experience!

Sanborn Regional Middle School Boosters

PRESENTS

Valen TINE'S DANCE

**FRI | FEB | 7 - 9
DAY | 9 | PM**

SRMS Cafeteria
17 Danville Road, Kingston

**Join us for
Musical Bingo -
Win PRIZES!**

**Purchase tickets
in SRMS Cafeteria
\$10 Per Ticket**

**School appropriate clothing - no backpacks or bags
No guests allowed, the dance is for SRMS students only
This is a Sanborn Regional Middle School Booster event**

A Message From School Counseling

Social Anxiety Supports

It may not surprise us, but an increase in social anxiety among teenagers has been reported by the American Psychological Association. There are many reasons why a middle or high schooler might feel anxious in social settings, but we all need the same answers... How do we get the kids to open up? How can we help our teenagers feel more at ease in a social or group environment?

Child psychiatrist Neha Sharma, associate professor at the School of Medicine and director of the Child and Adolescent Psychiatry Clinic at Tufts Medical Center. Has some advice:

- Extend an invitation to talk and then pause to allow them to process.
- If they don't take your offer right away, give them some space to think and be more available at a later time.
- Keep coming back to their concerns and listening. Their feelings, insight and understanding will be shifting as they process.

Boosting a teen's confidence takes time and opportunities. There are lots of things you can do to coach your students to improve the way they feel about their ability to navigate social settings.

To a teen experiencing social anxiety, many parts of our normal day might feel stressful. Introducing activities that require face-to-face situations, or crowds, is important to building up their resistance to anxiety. These might feel like big steps to make changes. Start by trying a couple of new things each week, until you find what works for you:

After these activities, recap how you experienced feelings, and remind your teen to:

- Be kind to yourself.
- Look after yourself.
- Focus on the positives.
- Spend time with people.
- Learn to assert yourself.
- Do things you enjoy.
- Act confident when you don't feel it.
- Try something new.

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 and Sue Petela spetela@sau17.net

Memorial counselors:

Rachel Nippert: rnippert@sau17.net and Amy Collins acollins@sau17.net

Middle School counselors:

Kara Byrne: kbyrne@sau17.net and Tiffany Fabiano: tfabiano@sau17.net

High School Director of Counseling:

Heidi Leavitt: hleavitt@sau17.net

District Social Worker:

Kara Prah: 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.

Curious what we do? Check out our [2023 Year in Review!](#)

February is Healthy Relationship Month!

Visit: www.loveisrespect.org

Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

[Haven 24-Hour Confidential Support: 1-603-994-7233](#)

Follow [@sorocknh](#) on FB to stay informed. If you have questions in the meantime visit sorocknh.org, drugfreeh.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 2022-2023. [Take the 2023-2024 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 or call 603-642-3341 x 1235



Daniel J. Bakie Elementary School

APPLICATIONS ARE NOW BEING ACCEPTED FOR SANBORN REGIONAL INTEGRATED PRESCHOOL PROGRAM 2024-2025

The Sanborn Regional *Integrated* Preschool Program is accepting applications for the 2024-2025 school year for the three and four-year-old preschool programs. Both preschool programs are located at the D.J.Bakie Elementary School in Kingston, NH. All students must be residents of either Kingston or Newton, N.H. to attend.

The three-year-old program is held Mondays through Thursdays from 8:30-11:00 AM. Eligible children must be three years old by September 30, 2024.

The four-year-old program is held Mondays through Thursdays from 12:00-3:00 PM. Eligible children must be four years old by September 30, 2024. Please note that there are limited openings in the four-year-old program.

Tuition for the three-year program is \$165 per month and the four-year-old program is \$200 per month. A tuition agreement form must be completed and returned to participate in the program. Enrollment is limited, and the deadline for applying is **Wednesday, February 28, 2024**.

All applicants must participate in a developmental screening process. Please note that this is not a Child Find. You may call to schedule a Child Check Appointment if you are questioning a possible educational issue. For more information please email Linda Tarushka at ltarushka@sau17.net. You may also call the school at 603-642-5272.

To register your child for the lottery, please go to our school website at sau17.org/3/home and click on the Preschool Lottery link.

Technology Fun Night - CLIX

Friday, February 16, 2024

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.

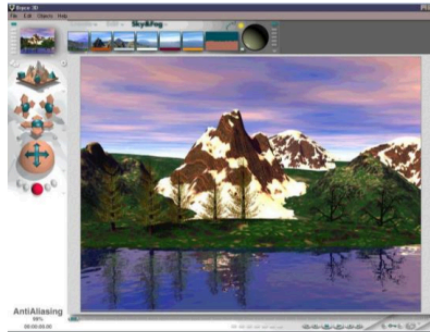
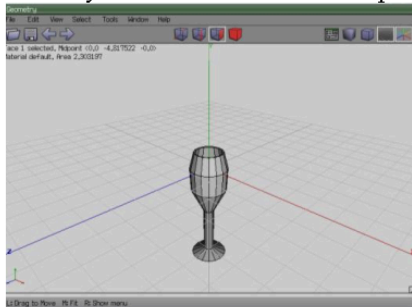
Why: This school year, the Seacoast School of Technology is offering a series of events for students to show just how much fun learning about technology can be.

How to sign up:

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

Registration opens 8 AM on Tuesday, January 16, 2024. Registration deadline is February 15, 2024. Limited to 25 students on a first come first served basis.

This month we will be learning about 3D modeling with Wings 3D and 3D scene layout with Bryce 3D. There will be door prizes.



Any questions, contact Mr. Messa at nmessa@sau16.org or 775.8623

Come join in the fun!!!!

SANBORN YOUTH SOCCER

Registration is now open for the Spring Season

Welcoming families of Kingston, Newton, and surrounding communities!

SYSA has opened the Spring registrations early this year and wants to welcome you all to sign up! This is a co-ed soccer program aged 4 through grade 8. Games are played on Sundays at Chase Field in Kingston.

The season will run from May 4th through June 16th

With practice times to be determined

There are two sessions available

Session 1 – for age 4/5 and grades 3-8

Session 2 - for age 4/5 and grades 1-2

To register your child please visit www.sanbornyouthsoccer.org

If you volunteer to coach a team you will have your registration fee waived for one child! Any questions please reach out to sanbornyouthsoccer@gmail.com



Sanborn Baseball and Softball Association

Registration is Open All levels

Baseball:

T-Ball Ages 4-6 years old
Rookies ages 6 and 7
Minors ages 8 and 9
Majors ages 10 till 12
Babe Ruth Ages 13-18

Softball U8

Softball U10
Softball U12
Softball U14
Softball U16

Visit sanbornbsa.org to signup and register

Questions or need help?
Email us at:
sanbornbsa@gmail.com

This program is not associated with Sanborn Regional School District