

SANBORN REGIONAL MIDDLE SCHOOL

Weekly Newsletter

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

April 7th

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 all had a nice weekend. This is a reminder that SRSD has an *early Release* on *Monday, April 8*th with SRMS/HS students being dismissed at 12:10. The decision to have an early release was made in order to allow families to plan for child care and make decisions



about how to handle the solar eclipse while ensuring that students do not stare at the sun while on the bus or walking home.

Spring Drama Production - On Saturday afternoon and evening, the SRMS Drama Club performed the spring production, Young Sherlock Holmes and the Mystery at Miss Potter's School. We would like to congratulate the students and staff for their outstanding performance, and give a big thank you to our club advisors, Ms. Misenheimer and Ms. Woulfe. Bravo to all of you and those who helped make this production possible.





Sanborn Summer Camp 2024 - Camp Sanborn is back for the summer of 2024. The camp will take place at Sanborn Regional Middle/High School for four weeks this summer. For more information about the camp, please see the flyer on page 6 below.



SRMS Boosters Meeting - The next middle school Boosters meeting is Tuesday, April 9th, at 6:30pm in the SRMS/HS library. All staff and families are welcome to attend.

Yearbook Orders - To order a 2023-24 SRMS Yearbook, please click here.



Have a great week!

Matthew Malila Jay Trafton

SRMS Principal SRMS Assistant Principal

SRMS Class of 2028 Spotlights



Sammi,
We are so proud of you. You are a fierce, smart, kind young woman.
Keep being you and you can't go wrong!
Love you always and forever!
Dadda & Mumma



Alicia, You are a tremendous student, wise beyond your years. Beautiful inside and out. Reach for the stars. We have no doubt that you can catch them all. Love, Mom & Dad

Any parent/guardian of an 8th grade student who would like to submit a spotlight for the newsletter should email a photograph and short message to the SRMS Boosters at: middleschoolboosters@sau17.net

SRMS Class of 2028 Spotlights



Keira, We are beyond proud of the smart, sassy and beautiful young lady that you are becoming. We can't wait to see what your future will bring. We just know that it will be something fantastic. Love Mom, Dad and Brother (Brendan)



"Iliana we are so proud of you and all your hard work. You have done so well maintaining your good grades and trying new things in school this year. I know that you will achieve great things just keep your head up and stay focused. We can't wait to see what the future holds for you in this next chapter" love Mom

Any parent/guardian of an 8th grade student who would like to submit a spotlight for the newsletter should email a photograph and short message to the SRMS Boosters at: middleschoolboosters@sau17.net

SRMS Class of 2028 Spotlights



George, You are the man!! We are so proud of you! You are an awesome student and we are so excited to see what the next few years brings. Thank you for being the best big brother and helper and stepping up when we need you.

Love, your oversized family





Leah,
We are so proud of you and all that you've
accomplished! You are an amazing, kind hearted young
lady with so many goals and dreams. We can't wait to
see what the future holds for you as you move on to
high school. Embrace new adventures and
opportunities and always be true to yourself!
We love you!

Love, Mom, Dad and Sara

Any parent/guardian of an 8th grade student who would like to submit a spotlight for the newsletter should email a photograph and short message to the SRMS Boosters at: middleschoolboosters@sau17.net

Laugh S'more, Stress Less at

Camp Sanborn!





Want your kiddo to get out and be active? Sign them up!

- Various Martial Arts
- Iron Chef Cooking
- International Cooking
- Mad Science Camp
- Football, Basketball, Tennis and Floor Hockey
- Cheer (beginner and advanced)
- Ceramics, Painting, Mixed Media and Photography
- Drama Camp (2 sessions available!)

Open to Incoming Grades 3-8

4 Weeks Available, AM and PM sessions

Click on our website below for information about the camp and how to register.

If you have additional questions, please contact: kgrella@sau17.net for more information

We Look Forward to Seeing You!

Click Here for Information About Camp Sanborn

A Message From School Counseling

Stress Busters for Teens

As teens feel the pressure to succeed in a nation that promotes competitiveness, they may be finding themselves stressed out! With April coming, the final quarter or trimester beginning and the lure of Summer, we need to make sure that we teach them to cope with the pressures of the tail end of the year.

The following are 10 tips to help them deal with the everyday pressure of stress.

*Eat Healthy *Sleep *Find Balance *Go Outside *Find Your Sense of Humor

For the entire article, go here: <u>Top 10 Stress Busters for Teens</u>

Talking to your teen about these issues is important, but also may be difficult. Below are some videos for you to preview. You can use them to help with some scripting or talking points, or you might choose to watch them with your teen, and then talk together.

- How We Cope with Anxiety & Stress | MTV's Teen Code
- Recognizing and Managing Teen Stress
- Teen stress from a teen perspective
- Why you should take a break

While not every student will be experiencing stress the same, every student will benefit from understanding the effects of stress on their own mental health is important that we extend the same empathy and aid to mental health as we do to physical health, and make sure that we work with the kids, and are open about the realities of the stress of school, social life and keep the dialogue open!

End 68 Hours of Hunger





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.



APRIL IS ALCOHOL AWARENESS MONTH

Check out these Parent & Caregiver Resources to help you start—and keep up—the conversation about the dangers of drinking alcohol and using other drugs at a young age.

Talking to Kids About Alcohol and Other Drugs: 5 Conversation Goals

Why You Should Talk With Your Child About Alcohol and Other Drugs

Why Small Conversations Make a Big

Answering Your Child's Tough Questions

Impaired Driving: Talk With Your Kids

Why Your Child Might Start Drinking Alcohol

How To Tell If Your Child Is Drinking Alcohol

What You Can Do To Prevent Your Child From Drinking Alcohol

The Consequences of Underage Drinking



Follow <u>@sorocknh</u> on FB to stay informed. If you have questions in the meantime visit <u>sorocknh.org</u>, <u>drugfreenh.org</u> or reach out to me at <u>sorocknhcc@gmail.com</u> 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. <u>Take the 2023-2024 survey here!</u>

<u>Attention Boosters/PTA/PTO and other parent or community/civic groups.</u> 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 <u>sorocknhcc@gmail.com</u> to set something up.

<u>Learn more about Suicide Risk factors, protective factors, and warning signs</u>

Need Help Now? Dial <u>988</u> or call <u>New Hampshire Rapid Response Access Point</u> Call/Text 833-710-6477 or <u>Chat Now</u>

Are you a Parent in Recovery? <u>Children Learn a Lot from Your Recovery!</u>
Need Help with Your Recovery? <u>Click Here for NH Recovery Support Resources</u>
Are you impacted by the substance use of a loved one? <u>Find support here</u> and <u>here</u>

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

NEWS RELEASE

SANBORN REGIONAL SCHOOL DISTRICT

Date: February 2024

Daniel J. Bakie School KINDERGARTEN REGISTRATION for Newton and Kingston, NH

If your child will be five years old by September 30, 2024, and you are a <u>resident of Kingston or Newton, NH</u>, you should consider registering your child for full-day kindergarten for the 2024-2025 school year. Please visit our school website at http://www.sau17.org/3/home and click the 2024-2025 registration link. Registration is done completely online. Documentation required to complete the registration process includes a current physical & immunization record and proof of residency documents. The Sanborn Regional School District has defined the following acceptable residency documents: a copy of a <u>current</u> utility bill (electric, cable, gas, oil) showing your name and address (no P.O. Boxes), <u>along with</u> either a signed lease, a notarized letter from Builder or Realtor, property tax bill, settlement document on a new home or a property deed. Registering early helps us plan appropriately. We ask that registrations be completed *no later than Wednesday, May 1st.*

New Hampshire State Law requires all children to have had immunizations for DPT, Polio, Mumps, Measles, German Measles, Chicken Pox, and Hepatitis B before school entry. They also require each child to have a complete medical examination within one year before entry into kindergarten.

Incoming parent orientation is scheduled on **Wednesday**, **April 10**th **from 3:20-4:20 p.m.** at the D.J. Bakie School (see below for specifics). This event is designed for parents/guardians and their students! This event is focused on visiting kindergarten classrooms, meeting the teachers, and seeing their classrooms. There will be an opportunity to meet our unified arts team and see other specific programs at a later date. The schedule is as follows:

Time:

3:20-3:50 If your Last Name begins with A-M

(If you have older students or PreK students, please park at Swasey after pick-up and walk over. Please do NOT park in the lot here)

3:50-4:20 If your Last Name begins with N-Z

We are excited to have you share the opportunity to visit classrooms and speak with our staff!

All incoming kindergarten students are required to participate in a screening process. You must register your child so that they may participate in the screening. Screening dates will be announced at a later time.

Please contact Kim Rousseau, Enrollment Coordinator, by telephone at (603) 642-5272, x101, or email krousseau@sau17.net for any questions.

THE SEACOAST SCHOOL OF TECHNOLOGY PRESENTS THE 15th ANNUAL SUMMER CAMPS FOR MIDDLE SCHOOL STUDENTS

Exciting summer camps will be offered once again to students who are **currently** in the 5th, 6th, 7th or 8th grade. One-week camp sessions will take place during the week of June 24, 2024. Each day's session will run from 8:00 a.m.-12:00 noon. Students are responsible for their own transportation. No food will be served. Each camp will run contingent upon enrollment. A student will be considered enrolled once the enrollment and medical forms are complete and a check made payable to the Seacoast School of Technology has been received and cleared. **Camp sign-ups will begin on Monday, March 25, 2024.** Registration forms must be postmarked no earlier than Friday, March 22, 2024. The following camps will be offered on a first-come, first-served basis:

Become a Builder Week of June 24

Want to learn basic knowledge of hand tools and power tools? Want to learn proper safety techniques to use in a workshop or on a construction site? Sign-up for this camp and each day you will build an exciting new project with the tool of the day. Campers are required to wear pants and no open-toed shoes. Limit 12 students. Total cost \$145.00.

Culinary Arts Week of June 24

Do you love to bake? Spend a week in our Intro to Baking Workshop! You will practice making new and exciting varieties of cookies, pies and tarts, filled cupcakes, quick breads and yeast breads! You will learn how to use professional tools and equipment while preparing all of these delicious confections. Note: long pants, closed-toed shoes and hair tied back are a safety requirement. Limit 14 students. **Total cost \$160.00**, this includes a chef hat.

Engine Overhaulin' Week of June 24

Embark on a thrilling journey into the world of automotive repair at Seacoast School of Technology's summer camp! Led by expert instructors, campers will explore essential maintenance techniques using professional-grade tools. From oil changes to brake inspections, they'll dive into hands-on activities in a safe, enjoyable environment. The highlight? Dismantling and reassembling an engine to uncover its secrets. Join us for an unforgettable and fun-filled adventure in auto repair! Secure your spot today. Limit 12 students. Total cost \$145.

For the required application and health form, go to **sst.sau16.org**. As a program fills, it will be listed on the website.

The **non-refundable fee** (unless program is cancelled) of \$145 is valid for completed applications and health forms received through May 17, 2024.

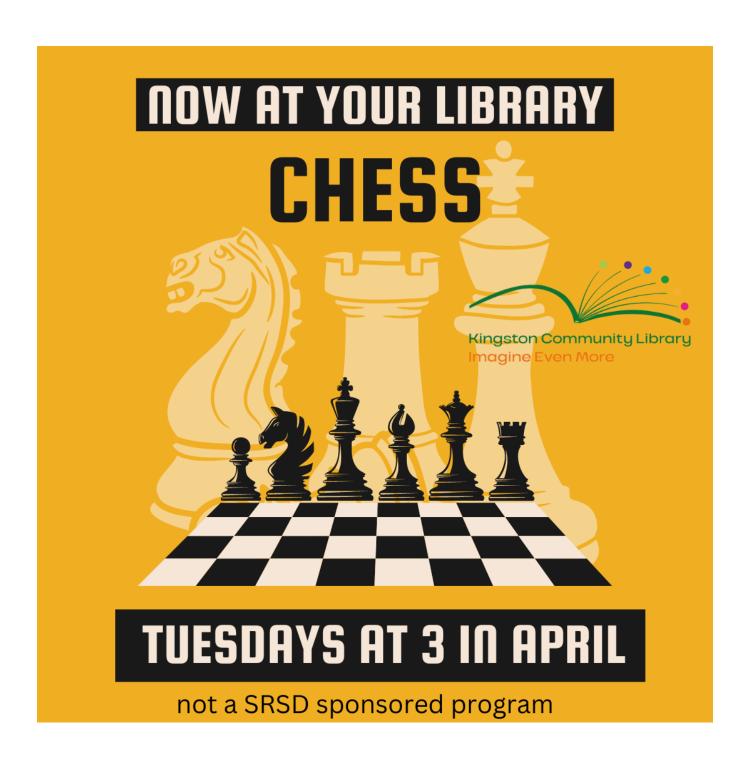
No refunds for natural disasters, local emergencies, loss of power or water, etc.

A letter confirming your child's placement will be mailed to you after May 17, 2024.

For further information or questions, please contact Brenda Schrempf at 775-8461 or bschrempf@sau16.org

Mail forms and payment to: Seacoast School of Technology, Attn: B. Schrempf, 40 Linden St., Exeter, NH 03833 *NOT A SCHOOL-SPONSORED EVENT*

10th Annual SER Hockey **Golf Tournamnent** Apple Hill Golf Course East Kingston NH **NEW THIS YEAR** Prizes awarded for Best Team Name and Best Team Shirt Sponsorship Levels Season Sponsor \$1250 **Platinum Sponsor \$500 Gold Sponsor \$350** Registration 1st or 18th Hole \$200 Longest Drive \$150 Hole Sponsor \$100 Ad Sponsor \$50. See Google Registration Form for details on Sponosrship Levels https://forms.gle/tpBRXSEF9knfRk6W7 checks can be maile Sanborn Ice Hockey PO Box 161 Kingston NH 03848 **Venmo Payments:** @Sanborn-eppingIceHockey-Hockey Contact us at sanborneppinghockeyboosters @gmail.com





APRIL ADULT CALENDAR



Kingston Community Library	•			
magine Even More Monday	Tuesday	Wednesday	Thursday	Friday
4/1 9:45am Aerobic Exercise Llam Gentle Yoga 8pm Monday Book Club 4pm Intro to Fiction Writing 5pm Meditation	4/2 10am Bone Builders 11am Hobby Haven 1pm Sit & Stitch 3pm Chess	9.45am Aerobic Exercise 11am Gentle Yoga 1pm Matinee Movie- Gran Turismo Library Closed at 5pm for Staff Meeting	4/4 10am Bone Builders 11am Writing Group 11:30am Adult craft- Jewelry with Larry *sign up required* 4pm Just Craftin' Around 6pm Thursday Night Book Club	4/5 9:45am Meditation 10:30am Puzzle Group 10:30am Cribbage
8	9	10	11	12
9:45am Aerobic Exercise 11am Gentle Yoga 4pm Intro to Fliction Writing 6pm Meditation 7pm Library Trustee Meeting	10am Bone Builders 11am Hobby Haven 1pm Sit & Stitch 3pm Chess	9:45am Aerobic Exercise 11am Gentle Yoga 1pm Matinee Movie- My Big Fat Greek Wedding 3 Comparison of the Compa	10am Bone Builders 11am Writing Group 4pm Just Craftin' Around 6pm Thursday Night Book Club	9:45am Meditation 10:30am Puzzle Group 10:30am Cribbage
.5	16	17	18	19
9:45am Aerobic Exercise 11am Gentle Yoga 6pm Meditation	10am Bone Builders 11am Hobby Haven 1pm Sit & Stitch 3pm Chess	9:45am Aerobic Exercise 11am Gentle Yoga 1pm Matinee Movie- Next Goal wins 6pm Nonfiction Book Club	10am Bone Builders 11am Writing Group 11:30am Adult craft- Crafting with old books 4pm Just Craftin' Around 6pm Thursday Night Book Club	9:45am Meditation 10:30am Puzzle Group 10:30am Cribbage
22 9:45am Aerobic Exercise 11am Gentle Yoga 4pm Friends of Library Monthly Meeting 6pm Meditation 6pm Mystery Book Club	23 10am Bone Builders 11am Hobby Haven 1pm Sit & Stitch 3pm Chess	9:45am Aerobic Exercise 11am Gentle Yoga 1pm Matinee Movie- The Blind	25 10am Bone Builders 11am Writing Group 11:30am Older Adult Seminar 4pm Just Craftin' Around 6pm Thursday Night Book Club	26 9:45am Meditation 10:30am Puzzle Group 10:30am Cribbage 1pm Romance Required Book Clut
9:45am Aerobic Exercise 11am Gentle Yoga 3:30pm Rug Hooking 6pm Meditation	10am Bone Builders 11am Hobby Haven 1pm Sit & Stitch 3pm Chess	5/1 9:45am Aerobic Exercise 11am Gentle Yoga 1pm Matinee Movie- Daddy Daughter Trip Library Closed at 5pm for Staff Meeting	5/210am Bone Builders 11am Writing Group 11:30am Adult Craft- Sand Candles 4pm Just Craftin' Around 6pm Thurs Night Book Club	9:45am Meditation 10:30am Puzzle Group 10:30am Cribbage
Library Hours: Mon & Fri 9:30am - 6	pm *Check	website for	Website: kingston-library.org	Kingston Community Library 2 Library Lane

Weekly Programs

Tues, Wed, Thurs 9:30am - 7:30pm

Sat 9am - 1pm

Holiday Hours*

Mondays & Wednesdays, 9:45am, Aerobic Exercise: Join others for fun light aerobic exercise while following an instructional DVD.

Mondays & Wednesdays, 11am, Gentle Yoga Series: Bring a mat, a strap, and a tennis ball if you have one. Class size is limited to 9 students, first come first serve. \$5 a class.

Mondays 6pm & Fridays 9:45am, Meditation: Experience needed. Join a group to meditate and eliminate thoughts that may be causing stress

Tuesdays & Thursdays, 10am, Bone Builders: Gentle weight bearing exercise.

Tuesdays, 11am, Hobby Haven: What's your hobby? Crochet, coloring, or crosswords? Join a great group & chat while having fun enjoying your hobby!

Tuesdays, 1pm, Sit & Stitch: Bring your project and enjoy an afternoon of Tuesdays, 3pm, Chess: *NEW PROGRAM* Have you been wanting to play

chess but don't have anyone to play with? Come on in and play here

Thursday, 11am Writer's Group Bring your work in progress and write with us.

Thursdays, 4pm, Just Craftn' Around: Join a group of fun folks and work on your craft project. Looking for help knitting, then this is the group for you.

Fridays, 10:30am, Puzzle Group: Have some fun putting together jigsaw

Fridays, 10:30am, Cribbage: Come in to play cribbage.

Monthly Programs

Adult Craft: 1st and 3rd Thursday 11:30, Come in and create a fun craft!

Friends of KCL Meeting: 3rd Monday, once a month at 4pm, Become a member and help in the effort to raise funds for KCL's children's programming and other fun library activities!

Traditional Rug Hooking: Last Monday, once a month at 3:30pm, taught by Lisa Chalconer. Kits are available for \$40. Class is limited to 9 students. Please reserve a spot! \$5 suggested donation.

Special Events

info@kingston-library.org

Kingston, NH 03848 603-642-3521

Intro to Fiction Writing, Mondays, April 1st & 8th, 4pm: Want to write that fiction novel? Learn how to get started with Author Jennifer W. Smith.

Older Adult Seminar, Thursday, April 25, 11:30am; Learn the importance of selfcare when you are helping someone with a mental illness.

Book Clubs

Monday Book Club: Tuesday, April 1, 3pm: A Million Little Pieces by James Frey. Intense, unpredictable, and instantly engaging, this is a story of drug and alcohol abuse and rehabilitation as it has never been told before. May's read will be Murder on Fifth Avenue by Victoria Thompson.

Nonfiction Book Club: Wednesday, April 17, 6pm: The Milky Way: An Autobiography of Our Planet by Moiya McTier. An astrophysicist and folklorist details everything humans have discovered—from the Milky Way's formation to its eventual death, and what else there is to learn about the universe we call

Mystery Book Club: Monday, April 22, 6pm: *Widows of Malabar Hill* by Sujata Massey. Richly wrought story of multicultural 1920s Bombay as well as the debut of a sharp new sleuth.

Romance Required Book Club: Friday, April 26, 1pm: Secretly Yours by Tessa Baily. A steamy opposites-attract romantic comedy featuring Hallie Welch and Julian Vos.

Thursday Night Book Club: Thursdays, 6pm: Led by Dr. John Chandler, this group meets weekly. Contact the library or read our current newsletter to find the current book.







Music and Movement: Mondays 11 AM, Spring into action and bring your little ones to move, sing and shake a tambourine or bells, and move about with the parachute

Email: info@kingston-library.org

Kingston, NH 03848 603-642-3521

Toddler Tunes & Story: Wednesdays 10:30 am - 11:15 am, Join Miss Carolyn & Miss Chyral for songs, a short story and craft.

123 Come Play with Me: Mondays & Fridays 9:30 - 11 am, A drop-in unstructured open playgroup for children ages 0 to 36 months and their caregivers

Lego Builders & Maker Zone: Thursdays 4 - 4:45 pm, Complete a building challenge or free build with Lego, or other building materials.

Theme Time Thursdays: 5:30 pm - 7 pm, Drop in and do the weekly craft or experiment.

Friday Flicks: Fridays 4pm, join Miss Chyral for a movie and coloring page

Tues, Wed, Fri 9:30am - 7:30pm Sat 9am - 1pm

Special Events - School Vacation Week April 22 - 26

Tuesday, April 23 - Outdoor Scavenger Hunt - Kids come pick up a map and clues in the Children's Room and then head outdoors. Maps will be available all week.

Wednesday, April 24 - Outdoor Games on the Patio - 10 AM Wednesday, April 24 - Messy Masterpiece Backyardists - 2 PM Best for kids ages 4 and up - We will collect some items from outdoors or you can bring 'nature' from your backyard and use the pieces on your canvas. WEAR CLOTHES THAT YOU DON'T MIND GETTING DIRTY.

Thursday, April 25 - Upcycled Art - 1 PM - 3 PM Kids come create a radical robot or a space creature with our recycled materials in honor of EARTH DAY (April 22)

Thursday, April 25 - Game On! Kids ages 5 and up can join us in the Children's Room from 5PM - 7PM for board games! Try a new game or play an old favorite. Families are welcome.

Website: kingston-library.org



















Week of July 8

- Automotive General Vehicle Maintenance and Information: Learn proper use of tools and procedures involved during vehicle check-over, oil change, tire replacement, warning light meaning and checking, and scan tool introduction.
- Find My Career: Hands-on exploration of career pathways in the social and health sciences, with on-site interactions with practitioners.

Week of July 15

- Automotive General Vehicle Maintenance and Information
- Introduction to Digital Electronics: Get hands-on experience using electronic components to build a functioning digital circuit on a solderless breadboard. This project comes equipped with its own battery pack so students can take home and demonstrate to friends and family.
- Programming with Python: Learn to problem solve through programming. No prior coding
 experience necessary.
- Exploring the world of Public Health: Learn about the history of Public Health and important
 public health issues that affect your own community and other communities around the world.
 Work with experienced public health professionals and get hands-on experiences in various labs
 as part of exploring this diverse and interesting career path.

Week of July 22

- Intro to Arduino (Programmable circuit board): Learn to program and see your code
 working on an actual circuit board with lights and switches. You'll be able to take home your
 circuit board and demonstrate to family and friends
- Skills for High School & College Success: Build skills for high school and college success, with hands-on exploration of relevant academic pathways and on-site interactions with practitioners.

Week of July 29

Aviation Technology: Learn about the many different careers in Aviation.











Register Today! Scan QR Code above for Registration Packet Contact: Kim Eckenrode • Career & Technical Education Pathways Director (603) 578-8979 • KEckenrode@ccsnh.edu

Nashua Community College | 505 Amherst Street | Nashua, NH 03063











4 Days \$295



SUMMER CAMP 2024





Session Registration Details

Automotive: General Vehicle Maintenance & Information			4 Days	\$295
Proper use of tools, Proper procedures involved during vehicle check-over, oil change, tire rotation and				
replacement, Warning light meaning and checking, scan tool introduction				
Week of July 8 Fall 2024 Grades 6 -12 CRN: 35301				
Week of July 15	Fall 2024 Grades 6 -12	12 CRN: 35309		

Find My Career			4 Days	\$295
Hands-on exploration of career pathways in the social and health sciences, with on-site interactions with practitioners.				
Week of July 8	Fall 2024 Grades 6 -12	CRN: 35303		

Introduction to Digital Electronic	s		4 Days	\$295
Students will get hands-on experience using actual electronic components to build a functioning digital circuit on a				
solderless breadboard. This project comes equipped with its own battery pack so that students can take home and				
demonstrate to friends and family.				
Week of July 15	Fall 2024 Grades 6 -12	CBN: 35308		

Programming with Python			4 Days	\$295
Students learn to problem solve through programming. No prior coding experience necessary. One-year online				
Youth Coding membership included with the cost of the camp.				
Week of July 15	Fall 2024 Grades 6 -12	CRN: 35304		

Exploring the World of Public Health	4 Days	Free		
Public Health has grabbed the attention of the country in recent years, but what exactly does public health				
encompass? How do disease detectives gather and use data to analyze a public health event? At this camp, you will				
learn about the history of this field as well as important public health issues that affect your own community and				
other communities around the world. You will work with experienced public health professionals and get hands-or				
experiences in various labs as part of exploring this diverse and interesting career path.				
This comp is funded by a grant				

Early Registration is open for High School students enrolled in Allied Health courses academic years 2023-2024/2024-2025 at NH's CTE Centers or Early College. Open Enrollment starts May 2024 if space permits.

For more information on the registration process contact Kim Eckenrode <u>KEckenrode@ccsnh.edu</u>

Introduction to Arduino (Programmable Circuit Board)

Week of July 15	Fall 2024 Grades 9 -12	CRN: 35305

Arduino is a fun way to learn how to program. Come learn to program and see your code working on an actual circuit board with lights and switches. You'll even be able to take home your circuit board and demonstrate to family an

nd friends		
Week of July 22	Fall 2024 Grades 6 -12	CRN: 35306

ı	Skills for High School & College S	uccess		4 Days	\$295	
	Focus on building skills for high school and early college success, with hands-on exploration of relevant academic					
ı	pathways and on-site interactions with practitioners.					
	Week of July 22	Fall 2024 Grades 9 -12	CRN: 35307			

Aviation Technology			4 Days	\$295	
Students will learn about the many different careers in Aviation.					
Week of July 29 Fall 2024 Grades 6 -12 CRN: 35310					

Contact: Kim Eckenrode • Career & Technical Education Pathways Director (603) 578-8979 • KEckenrode@ccsnh.eduNashua Community College | 505 Amherst Street | Nashua, NH 03063

Not Sponsored by Sanborn Regional School District

Technology Fun Night CLXI Friday, April 12, 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.

Register online @ https://sst.sau16.org/en-US/technology-fun-nights-f4734f0b Registration opens 8 AM on Tuesday, March 19, 2024. Registration deadline is April 11, 2024. Limited to 25 students on a first come first served basis.

This month we will be learning about hardware programming using the Arduino and Micro:Bit single board computers. You will learn about interfacing Light Emitting Diodes and pushbutton switches to control a computer program.





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

Come join in the fun!!!!

Adventurelore Summer Camp

MEET OUR STAFF



The ADVENTURELORE staff is most responsible for the success of our program. All staff members possess the high degree of sensitivity, understanding and energy necessary to answer the individual needs of each of our adventurers. Our staff members have considerable experience working with the youth in various environments. Both junior and senior staff members are carefully selected and well trained to provide the highest quality programs. ADVENTURELORE averages a

1:3 Counselor: Adventurer Ratio

Learn more about -

our awesome staff at ADVENTURELORE.ORG

Like us, follow us. We love t share our photos and





CONTACT US

Phone: 603-382-4661

Email:

Office@adventurelore.org

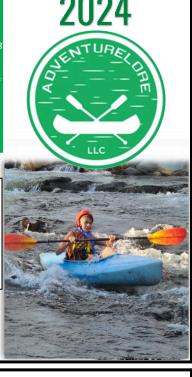
Adventurelore's Summer Camp is a historically safe high-adventure coed outdoor living experience designed to offer challenging and successful experiences for children and adolescents. Under professional supervision and guidance, adventurers will gain self-esteem and personal confidence through adventurous, excitin and FUN filled activities, while acquiring outdoor living skills. These skills have been proven to be physically and mentally beneficial to individuals of all ages. We strive to help youth unfold positive attitudes about themselves and their peers in outdoor surroundings through exposure to both individual and group challenges.

Ryan's Message

Summer camp is one of the most amazing experiences you can provide your child. At Adventurelore we believe that camp is more than just having fun. It's about having fun while making new friends, great memories and leav valuable life skills. When our campers return home we want them to have had the best adventure of their lives while also feeling like they learned life lessons and skills they can use as they grow into teenagers and young adults.



Ryan Holder



5 DAY AGES 8-12 NH CAMP JUNIOR 1 | July 8 - 12 | \$1,395 JUNIOR 2 July 23 -27 |\$1,395

6 DAY LAGES 10-13 LME CAMP

Adventurelore is offering 5 and 6 day programs for juniors designed to be a life enriching taste of our Woodstock, NH and Franklin, ME base camp activities. Adventurers will enjoy the experiences of camping, swimming, rock climbing, rappelling, canoeing, and white water kayaking on Junior 1 and 2 (5-day programs) at our Woodstock, NH campsite. On our Junior 3 trip (6-day program) at our Franklin, ME campsite, campers will enjoy all of this in addition to white water rafting! Other energized camp activities take place in what kids have come to call "Thunder Dome" and "The Barn." The weeks activities are designed to be fun and exciting while enhancing self-esteem and developing self confidence in a safe and caring social environment





Adventurers will mountain hike along the best of the back trails of Maine from the Canadian border to Bar Harbor This trip also includes whitewater kayaking and canoeing swimming, rock climbing and orienteering adventures. The focus of this eventful and exciting adventure is directed toward participants recognizing their capabilities as an individual and positively contributing their personal attributes to the group while enjoying a healthy

environment. Ride your mountain bike, borrow o Giant brand mountain bikes, or for an additional \$295 you an purchase a brand-new shop quality mountain bike at 60% discount. We highly recommend this option.

LAND AND SEA ADVENTURE (co-ed)



The Eight-Day Land & Sea trip is coed and offers adventurers four days of sailing, kayaking and canoeing swimming, tubing and island exploring along the beautiful coastline of Mt. Desert Island and Frenchman Bay. The ensuing four days' activities will include rock climbing, rappelling and whitewater rafting. This trip focuses on ating skills and positive social interaction in a variety of FUN and challenging environments.

ACADIA ADVENTURE (girls)

JULY 21- 26 | \$1,495

he Acadia Adventure is based in Franklin. ME near Acadia National Park Activities will include swimming kayaking canoeing, hiking, rock climbing, rappelling in the beautiful Acadia National Park, sailing in Bar Harbor, and whitewater rafting on the Kennebec River! This program emphasizes on the benefits of being active, having FUN, social connection, healthy living and perseverance through individual and group challenges.

*For all programs, activities are subject to change subject to weather or program





WHITE MOUNTAIN ADVENTURE (boys)

8 DAY | AGES 13-17 July 29-August 5 | **\$1,**8



challenges, adventurers will increase their self-confidence

spontaneity, teamwork and a sense of humor in new and thrilling environments. WHITE MOUNTAIN ADVENTURE (girls)



The 6-Day White Mountain GIRLS Adventure is a program highlighted with whitewater kayaking, hiking the Appalachian Trail, swimming, camping and rock climbing in the White Mountains. Our main camp is located on the Pemigewasset River. Every day there are opportunities to swim and explore the river. This program promises to be FUN and EXCITING with the ability to meet the individual challenge needs of every adventurer. Through these challenges, adventurers will increase their self-confidence, spontaneity, teamwork and have FUN in a new and thrilling environment

CONTACT US

Phone: 603-382-4661



Not a school sponsored event

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 sanbornvouthsooccer@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 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