



SANBORN REGIONAL HIGH SCHOOL

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

A newsletter that promotes our core values of

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

November 27th, 2022

Sanborn Regional High School

17 Danville Road, Kingston, New Hampshire 03848
(603) 642-3341

www.sau17.org

*Proud recipient of the
2018 NH Excellence in Education Award*



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The Sanborn Way

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2022-2023 SRHS Calendar of
Events

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RECEIVE TEXT UPDATES
FROM OUR SCHOOL:

Opt-In from your
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Just send "Y" or
"Yes" to 67587

Greetings Sanborn Students and Families,

We hope you all had a wonderful Thanksgiving break! This past week the SRHS Key Club worked with the school counseling office on the End 68 Hours of Hunger project. Students from the girls basketball team also stepped in to help organize the food packages going out to the community. If you would like to be part of this great cause, [CLICK HERE](#) to learn more. We are very proud of the Sanborn community for coming together to bring food to those in need this holiday season. Here are some important updates and reminders:

Fremont Late Bus:

Beginning on Monday, November 28th, there will be a late bus for Fremont students. The bus will run on Mondays, Tuesdays, and Thursdays departing Sanborn between 4:10pm-4:15pm. Fremont students will need to sign up to take the late bus. A sign out form will be sent out tomorrow (Monday), and every Friday moving forward.

After School Tutoring:

After school tutoring runs after school every Monday, Tuesday, and Thursday from 2:30pm-4pm. Please contact [Ms. Grella](#) and [Ms. Trudeau](#) if you have any questions.

ALMA:

Please continue to check ALMA and reach out to your child's teachers with any questions or concerns regarding grades and assignments.

Senior Spotlights:

This year the Administration has been working with the leaders of the Senior Student Body to redesign Senior Spotlight articles. There will be a form sent out to Seniors after Thanksgiving break and spotlight articles will begin running in January. Everyone involved is excited about the new process and design.

Important Upcoming Dates:

Monday, November 28th - Tuesday, November 29th:

New England Association of Schools and Colleges (NEASC) Collaborative Conference
Opening Day of most High School Sports

Yours Always,

Jennifer Michitson, Dr. Robert Dawson, Nichole O'Brien, Heidi Leavitt, and Timothy Westphal



Jennifer Michitson
Principal



Dr. Robert Dawson
Assistant Principal
Athletic Director



Nichole O'Brien
Assistant Principal
Curriculum



Heidi Leavitt
Counseling Director



Timothy Westphal
Assistant Principal

Athletic Update:

Winter Sports begin Tomorrow!

Sanborn offers high school athletes opportunities in several sports. First practices are below, check the online schedule (see below) for the rest of the week:

- Basketball – Girls and Boys
 - Boys: 2:30 - 4:30 Monday, Big Gym
 - Girls: 4:30 - 6:30 Monday, Big Gym
- Bowling – Coed
 - Thursday, 5:15 - 7:15, Striker's East in Raymond
- Cheer / Spirit – Coed
 - 4:30 - 7:00 Monday, Mini Gym
- Ice Hockey
 - 9:00 - 10:00 Monday, Phillips Exeter Academy Rinks
- Track & Field
 - 3:00 - 4:30 Monday, Mini Gym

Schedules for tryouts, practices, matches, games, meets, etc. are always found on our [Combined Schedule](#), which may be accessed at that link. This “Live” document is constantly updated by coaches and me to reflect changes, so please check it regularly.

Registration for all Winter Sports is done through [Final Forms](#).

We may also be able to support Skiers, Swimmers, Gymnasts, even Wrestlers. Athletes interested in these sports should stop by to see Dr. Dawson at school.

If you have any questions please contact Dr. Dawson: rdawson@sau17.net

A Message from the Superintendent:

SANBORN REGIONAL SCHOOL DISTRICT
51 Church Street • Kingston, NH 03848
Thomas J. Ambrose, CAGS • Superintendent

<small>Christine Desrochers, M.S. Ed. Director of Curriculum and Instruction</small>	<small>Matthew Angell, CPA, JD Business Administrator</small>	<small>Troy Kennett, Ed.D Director of Student Services</small>
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November 18, 2022

Dear Sanborn Community,

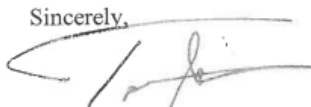
On Monday November 28th and Tuesday November 29th, the New England Association of Schools and Colleges (NEASC) will be conducting a Collaborative Conference visit in our district schools. The goal of the Collaborative Conference is to review and determine from an outside professional viewpoint the extent to which the school is aligned to the Standards for Accreditation, and to identify Priority Areas for Growth and Improvement. As part of the Conference, the team will meet with district constituents, review the district’s Self-Reflection, visit several classes in all our schools, and examine examples of student work submitted by our teachers and students.

The purpose of the highly collaborative NEASC process is to assist Sanborn educators PK-12 in our pursuit of quality education for our students. The volunteer members of the team come from all over New England; we thank them for their time and expertise. Sometime early next year, NEASC will report back to us with a series of recommendations and steps. This is the first significant step in a process that will link with “Decennial Visit” in late 2024. That more thorough look at our schools will result in a more formal report, recommendations and commendations, and we anticipate NEASC’s accreditation of our schools.

For more information regarding the Accreditation process and Standards please click on the link.

[Click here](#)

Sincerely,



Thomas J. Ambrose
Superintendent
tambrose@sau17.net
603-642-3688

Granite State Challenge:

Sanborn students, Anna D'Amato, Kate Lussier, Brady Ash, Ian Abney, and JJ DeFeo participated in "Super Saturday" at Plymouth HS this weekend. Students from participating high schools took a 100 question qualifying test, as a team, in an attempt to compete on the TV show Granite State Challenge which airs on NH PBS television.



NH All State Auditions:

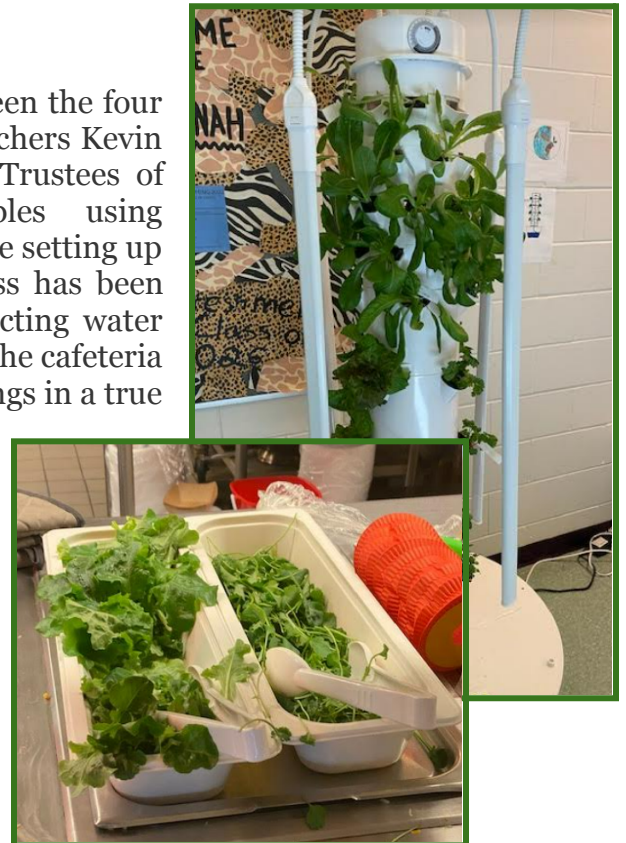
3 Sanborn students represented our community with pride and distinction last weekend at the NH All State auditions held at Manchester Memorial High School. Junior Sarah Bufano and freshman River DeFeo auditioned on soprano voice, and junior Crystal Korn auditioned on tuba. Over 60 schools prepare students on specific repertoire, and selected students will be part of the All State ensembles in Concord. The final culminating concert taking place at the Capitol Center for the Arts on Saturday, April 1, 2023.

Freshman River DeFeo has been accepted into the All State Mixed Chorus. Only 30 or so sopranos are accepted into this ensemble from throughout the state. We are proud of River, and of course all Sanborn auditionees who participated.

Mr. Enright's Corner:

Tower Gardens

Anyone who has been in the school cafeteria has surely seen the four futuristic-looking towers growing vegetables! In 2021, teachers Kevin Beaudoin and Jim Enright received a grant from the Trustees of Sanborn Seminary to grow fruits and vegetables using nutrient-enriched water in aeroponic vertical towers. Since setting up the Tower Gardens last year, the Life Skills Science class has been experimenting with growing different vegetables, conducting water testing to evaluate pH, monitoring results, and providing the cafeteria with fresh lettuce and herbs for burritos, salads and toppings in a true "farm-to-table" environment. The experience allows the students to learn about growing fruits and vegetables from seedlings, evaluate proper growing conditions, and harvest the fruits of their labor! With the Tower Gardens located in the cafeteria, all Sanborn students can see the future of farming and what can be grown in 2 square feet of floor space, using water that cycles through the vertical growing system for maximum efficiency. For more information about the Tower Gardens or aeroponics, please email [Jim Enright](mailto:Jim.Enright@sanborn.org).



SRHS Astronomy Class:

Eyes in the Sky

The Sanborn Astronomy class held its first nighttime observation two weeks ago. It was a great opportunity to learn how to use our large telescopes! The primary viewing targets were the Moon and Jupiter, however Mars and Saturn both turned out to be visible as well! The attached photos were captured using Mr. Helmke's cell phone and do not nearly capture the detail that was seen. Jupiter's orange banding patterns as well as Saturn's rings were clearly visible to the observer. The astronomy class is planning to conduct another observation in mid-December.

If you are interested in attending a future observation, please contact [Mr. Helmke](#).



Important Information from SRHS Yearbook:

Seniors, [CLICK HERE](#) to personalize your yearbook!

You can pre order your yearbook at a discounted rate. [CLICK HERE](#) to Order Your Yearbook Today!



Sanborn Regional High School

Calling all proud parents

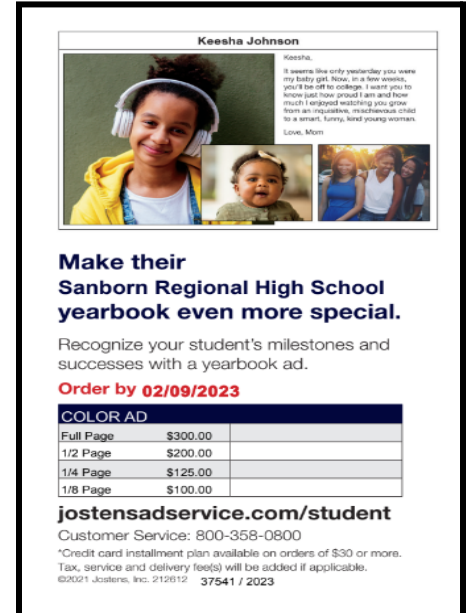
Celebrate your student's journey with a yearbook ad.

Create and purchase online by **02/09/2023**

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Jostens



Keesha Johnson

Keesha,
It seems like only yesterday you were my baby girl. Now, in a few weeks, you'll be off to college. I want you to know just how proud I am and how much I enjoyed watching you grow from an inquisitive, mischievous child to a smart, funny, kind young woman.
Love, Mom

Make their Sanborn Regional High School yearbook even more special.

Recognize your student's milestones and successes with a yearbook ad.

Order by 02/09/2023

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School Counseling Update:

End 68 Hours of Hunger

Did you know that every week Sanborn Regional High School supports over 40 students in the district through our food pantry and our End 68 Hours of Hunger program? This program provides food for these students to meet the gap between school lunch on Friday and school breakfast on Monday. Sanborn has a wish list on Amazon if you would like to help support this program. The link can be found [here](#) and the food can be sent directly to the high school.

If you prefer, you can drop food off directly to the high school in the atrium. The program has strict guidelines on the food we can send home and the list includes: Cereal (not the large family size ones), tuna/chicken, soup, mayo, canned pasta, mac and cheese, canned fruit, granola bars, sleeves of crackers, nutrigrain bars, peanut butter crackers, pasta, canned pasta sauce (we do not want to send glass jars in the bags for the students to carry), peanut butter, canned vegetables, oatmeal and jelly (plastic jars not glass).

If your family is in need of some additional support, please contact your student's school counselor, [school nurse](#) or [Heidi Leavitt](#).

Attention Sophomores:

Sanborn Regional High School will be sending two sophomores to the **Hugh O'Brian Youth Leadership (HOBY)** State Summit this year in June 2023. This summit is a leadership development training for students where they will develop leadership skills, meet state leaders, make

new friends from all over the state, experience life on a university campus, and discover how personal, group, and societal leadership lead to social change. This is a once in a lifetime opportunity for the Sophomores chosen and will help open them up to more college and career options and scholarships. Any sophomore interested in this program should stop by the counseling center to pick up an informational packet, along with the essay prompt. The essay is due December 5 to Ms. Grossman. If you have any questions, email [Ms Grossman](mailto:Ms.Grossman). There is also an interview process included this year and interviews will take place December 12. If you have questions or concerns feel free to reach out to Ms. Grossman in the counseling office.

[Here is a brief video](#)

Attention Juniors:

Sanborn Regional High School will be administering the **Armed Services Vocational Aptitude Battery (ASVAB)** exam to all juniors on Wednesday, December 7th. . Historically, the ASVAB has been known as an exam to determine acceptance into specific careers of the various military branches. More recently, the counselors have learned about the tremendous amount of career exploration/interest and feedback a student can receive from the exam and we have decided to use this information to kick off our Junior College Search season.

ASVAB scores will be automatically sent to the military unless you choose to opt-out of this service. An opt-out form is available from your student's school counselor. If you do not want your child to take the exam please email [Heidi Leavitt](mailto:Heidi.Leavitt) directly.

The exam will begin promptly at 7:30 am and will take 2.5 - 3 hours. Students will return to class once the exam is complete. There is no studying required for this exam Students who attend the 1st session at SST will be excused from class this day. Please visit the ASVAB Career Exploration for more information on the exam and how it can help students with career exploration and decisions: <https://www.asvabprogram.com>.

Attention Seniors:

Are you looking for some help with your college essay? You can email your essay to Mrs. Ryan at jryan@sau17.net She will take a look at it for you, provide some feedback and then meet with you individually to provide some support.

As always, if you have any questions or concerns for your child - academically or socially, please do not hesitate to reach out to your child's counselor. We have many resources available to help with a variety of issues and we look forward to partnering with you for their success.

Mrs. Leavitt
Director of School Counseling

Message from your Student Assistance Counselor, Zach Parker:

Winter Assistance and Supports in our Community for Families

The winter season is inching closer, and with this in mind, here are some local and state resources that may help Spring come sooner!

[Judicial Branch Offers Free Eviction Mediation Programs Statewide](#)-To help residential landlords and tenants resolve their differences before eviction cases are filed in court, the New Hampshire Judicial Branch is launching a new, no-cost mediation program.

[Child Care Resources for Families](#)-Search for child care and get free referrals tailored to fit your family's needs. Find information about different types of child care.

[Weatherization Assistance](#)- Whether you own or rent, our federally funded Weatherization Program is designed to address health and safety issues inside your home. The energy efficiency of the home may increase resulting in reduced energy costs.

[Homelessness Prevention Services](#)- provides services that may include short-term assistance to prevent eviction, help in securing new housing for those who are suddenly homeless, and information & referrals for individuals and families in need of emergency shelter.

[Low-Income Home Energy Assistance Program](#)- (LIHEAP) New Hampshire residents who are elderly, disabled and low-income are provided financial assistance needed to pay for vital heating and utility expenses through the colder months.

[Rockingham County Food Pantries](#)-All food pantries have some food and items which will require income guidelines to be met, however private donations will have no eligibility requirements for distribution.

[NH Food Bank](#)- Listings for local food pantries and soup kitchens throughout New Hampshire. Unlike certain public assistance programs, the staff at the pantries and soup kitchens will not ask to see your income or prove you need assistance.

Zach Parker, Student Assistance Counselor

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.

Sanborn Middle and High School students were busy last week with the Great American Smokeout and the **SoRock Youth Leadership Conference!** A group of 8th grade and high school students joined Hampstead MS, Timberlane MS & HS and Ellis MS at the Austin 17 House to work on team building/leadership and community mapping to identify issues they can work on throughout the year to improve school climate! Follow us on social media [@sorocknh](#) for photos of and more info on both events!

Youth In Action! Students identify the top issues facing their peers and take action to help ensure a safe and healthy school community. High School and Middle School meeting times TBD. [Sign up!](#)

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.

If you or someone you care about is having a mental health crisis, contact the [NH Rapid Response Access Point](#) for over the phone support with referrals to outpatient services, or to have a Mobile Crisis Response Team (MCRT) come to you. [The new 988 Crisis Hotline became active JULY 16th](#)

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

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

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

TEAM SIGNED JERSEY RAFFLE!

TICKETS

3 FOR \$5

10 FOR \$10

WINNER CHOSEN ON 12/9/2022

ENJOY LIFE IN A NATURAL STATE
SoRock
SOROCKNH.ORG

100% of Proceeds Support SoRock Prevention Efforts

SRHS PTO Announcements:



The mission of the Sanborn Regional High School Parent Teacher Organization is to enhance and support the Sanborn Regional High School learning community of students, staff, and families of Fremont, Kingston, and Newton. This is accomplished through the following endeavors:
 *Community Outreach *Teacher Involvement
 *Educational Programs *Civic Cooperation
 *Volunteer Programs *Fundraising. If we all help a

little it will be amazing how much we can accomplish as an organization. We typically meet the 3rd Wednesday of the month at 6:00 p.m. on Zoom (check the Points of P.R.I.D.E. Newsletter or our FB page for any changes). Thank you for taking the time to complete the membership form and become part of the SRHS PTO. Check us out on Facebook at Sanborn Regional High School PTO. If you have any questions or information you would like to share with our organization, please contact Alicia D'Antonio at tishiebell@yahoo.com. Please click [HERE](#) to join the PTO.

PTO Un-Fundraiser Information:

Un-FUNDRAISER

Due to the previous success of our Un-Fundraiser we would like to ask for your support again with our 2021 Un-Fundraiser. The Un-Fundraiser is a way for you to donate money without having to buy or sell anything. Isn't that the best?? 100% of your tax-deductible donation goes directly to the SRHS PTO, and then it goes right to our kids, which is the best place to put it! **To make it even easier to donate, we now have our own Venmo account ([sanbornrhspato](#))!!** Where does the money go you might ask?

- \$100 starter cash for the in-coming Freshman student activities account
- Classroom grants, up to \$250 per teacher, to fund innovative programming
- Funds to support class activities
- Teacher's meals for the Open Houses & Teacher Appreciation Week
- A \$500 scholarship to a Sanborn Senior
- Senior Success Day and more

\$ _____	This donation is to thank you for not making me buy anything, sell anything or do anything, except fill out this form.
\$15	I do not want to bake, so here is the money that I would have spent at Market Basket on those cupcakes or cookies
\$25	I already have 14 Yankee Candles, 50 rolls of wrapping paper, and several coupon cards in my kitchen drawer. So, here is the money for saving my neighbors, friends and family a knock on the door.
\$50	I do not want to walk, run, hula-hoop, dance, swim or do any activity with the word "thon" in it. Here is the money I would have spent on my child's "free" t-shirt.
\$75	I do not want to attend any fancy dances or silent auction events, so here is the money I would have spent on a new outfit.
\$100	I really wouldn't have helped anyway. So here is \$100 to forget my name.

We hope you were able to appreciate the sarcasm and humor in this form of request and we thank you for your time and monetary donation.

Parent/Guardian Name: _____
 Student(s) Name: _____
 Parent Email (To be added to Our SRHS PTO email list): _____

**Please make checks payable to the SRHS PTO, 17 Danville Road, Kingston, NH 03848
 Or send your donation to our new Venmo account: [sanbornrhspato](#)**



Click [HERE](#) to view the form and make a DONATION!

Special Olympics of New Hampshire:

Greetings Sanborn Community,

We are excited to announce that the Sanborn School District is partnering with local communities this fall to bring Special Olympics New Hampshire to our schools. We are looking forward to hosting events here at Sanborn in the future and having our students and school involved.



Basketball and swimming will be starting in early December. In order to make this happen, we are in search of volunteers and coaches. Volunteers can be school staff and students. You will find the Local Program Volunteer Application link and a Covid Waiver form below that will need to be completed in order to volunteer. When completed the application can be sent to specialolympics@sonh.org or mailed to:

Special Olympics NH
PO Box 3598
Concord, NH 03301

Two other items are required to volunteer: a background check and completion of an online course, see links below to complete:

www.specialolympics.org/protectivebehaviors

<https://app.sterlingvolunteers.com/en/Candidates/Account/Register>

Use Good Deed code bsow717, if prompted

We would like to thank everyone in advance for your help and support in this great opportunity to help bring inclusion to all students in the Sanborn School Community.

Please let me know if you have any questions about the paperwork or about the program.

Sincerely,

Kevin Beaudoin
SRHS Case Manager, Life Skills

[Local Program Volunteer Application](#)

[Covid Waiver](#)

Technology Fun Night Friday, December 16, 2022 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, November 22, 2022. Registration deadline is December 15, 2022.
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 or 775.8623

Come join in the fun!!!!

Career Pathway Program Event:

DISCOVER HOW YOU CAN CONNECT WITH OUR CAREER PATHWAY PROGRAM

RSVP by December 2, 2022



December 7, 2022
11:30 am
Sanborn Regional
High School

**For More
Information
Contact**

Kerrie Alley-Violette

