



SANBORN REGIONAL HIGH SCHOOL

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

A newsletter that promotes our core values of

Personalization, Risk-Taking, Integrity, Discovery, and Empowerment

January 8th, 2023

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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Sanborn Portrait of a Graduate

The Sanborn Way

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2022-2023 SRHS Calendar of
Events

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Daily Announcements

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RECEIVE TEXT UPDATES
FROM OUR SCHOOL:

Opt-In from your
mobile phone now!



Just send "Y" or
"Yes" to 67587

Happy New Year Sanborn Students and Families,

Welcome to 2023! We had a great week back to start the new year. It was nice to have the hallways and classrooms once again busy with learning and to see students reunited with friends after the holiday break. As the winter months continue, winter weather can be a factor at any time. The two hour delay schedule is now posted on the website and you can [CLICK HERE](#) to view a copy as well. School cancellations will be through our automated system and will be posted on [WMUR](#).

Important Upcoming Dates:

Monday, January 9th:

Parent Open House/Teacher Conferences - 3:30pm-7:00pm
Incoming 9th Grade Meeting - 6:00pm-7:00pm

Monday, January 16th:

NO SCHOOL - Martin Luther King Day

Monday, January 23rd:

Grades 9-10 College and Career Night

Friday, January 27th:

NO SCHOOL - PD Day
Q2/S1 grades close.

Monday, January 30th:

Academic Awards Night - 6:00 pm in the auditorium. Invitations will be sent out the week of January 23rd.

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:

High School Games this week:

Tue, Jan. 10: Boys Basketball home v Oyster River. JV's 5:00, Varsity 6:30
Girls Basketball away @ Oyster River

Wed, Jan. 11: Girls Basketball home v Milford. JV's 5:00, Varsity 6:30
Boys Basketball away @ Milford
Ice Hockey @ John-Stark / Hopkinton / Hillsboro, 8:00 (Henniker)

Fri, Jan. 13: Girls Basketball home v Bishop Brady. JV's 5:00, Varsity 6:30
Boys Basketball away @ Bishop Brady

Sat, Jan. 14: Bowling @ Keene
Ice Hockey, home v Hollis-Brookline / Derryfield, 8:00 pm



Schedules:

Schedules are always found on our [Combined Schedule](#). This “Live” document is constantly updated by coaches and the Athletic Department to reflect changes, so please check it regularly.

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

Life of a Student White Out Event:

Life of a Student and the Sanborn Community Basketball Boosters, is running two whiteout basketball games January 18th for the girls game, and on January 20th for the boys game.

Any Students, Staff, Parents or Community Members wearing White to Support Sanborn will get one ticket to enter in a raffle to win a 55 inch tv. We Also have "Let's Go Sanborn" White T-shirts for sale in the School Store for \$5 Dollars. Anyone wearing this shirt to the game will get 5 raffle Tickets into the raffle at each game.

Come out and Support your Sanborn Teams and you may even walk out with a 55” inch TV donated by What's the Scoop in Kingston, NH for each game.

First Game

1/18/2023 - 6:30pm Girls Basketball vs Kingswood

Second Game

1/20/2023 - 7:00pm Boys Basketball vs Hanover

The graphic is a promotional poster for the 'Life of a Student White Out Event'. At the top, it features two game matchups: 'S vs [Kingswood logo] LET'S GO SANBORN 6:30PM 1/18/2022' and 'S vs [Hanover logo] LET'S GO SANBORN 7:00PM 1/20/2022'. Below this is a group photo of seven students (four girls and three boys) wearing white t-shirts with 'LET'S GO SANBORN' printed on them. One boy in the center is holding a Wilson basketball. At the bottom, there is a white t-shirt icon with the text 'LET'S GO SANBORN' and a call to action: 'WEAR WHITE FOR YOUR CHANCE TO WIN A 55"TV! BUY YOUR "LET'S GO SANBORN" SHIRT FOR \$5 AND GET 5 TICKETS FOR EACH RAFFLE AT THE GIRLS AND BOYS GAME'. A footer at the very bottom reads 'PURCHASE YOUR SHIRT AT THE SPOT Before OR at THE GAME'.

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!



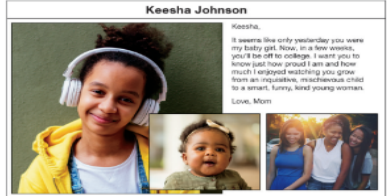
Sanborn Regional High School

Calling all proud parents

Celebrate your student's journey with a yearbook ad.

Create and purchase online by 02/09/2023

jostensadservice.com/student



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

| COLOR AD | |
|-----------|----------|
| Full Page | \$300.00 |
| 1/2 Page | \$200.00 |
| 1/4 Page | \$125.00 |
| 1/8 Page | \$100.00 |

jostensadservice.com/student

Customer Service: 800-358-0800

*Credit card installment plan available on orders of \$30 or more. Tax, service and delivery fee(s) will be added if applicable. ©2021 Jostens, Inc. 212612 37541 / 2023

School Counseling Update:

Looking ahead to January

January will be a very busy month in the counseling office. We will have a resource table available during Parent Open House and we will have information about the many interventions and supports available for students for both academic as well as social emotional needs. **For Seniors**, we will be starting to create our "I was Accepted" wall. Students have begun receiving their letters of acceptance and we want to celebrate their successes. Also, we are receiving information about many scholarship opportunities! Please make sure to look for the monthly scholarship newsletter from Mrs. Cotter. **For Juniors**, we will be working with our interventionists and teachers to begin conversations about SAT's and how to prepare for them. All Juniors will be taking the SAT in March as our state test. Juniors will also have an opportunity to review the results of their ASVAB scores on January 12th. This will kick off the planning process for them and their post secondary plans.

Sophomores will be taking a career interest inventory in preparation for their field trip to the Seacoast School of Technology on January 24th (permission slips will go home after break). **Freshmen** will be participating in our Signs of Suicide program. This program requires parent permission and we work with our students to help them understand what they should do if they are worried about a friend. More information will be available after break. Finally, on January 23rd, we will host a parent night for parents of **Freshmen and Sophomores**. The topic of our presentation will be on Helping your child successfully navigate High School and Understanding the Opportunities available to them to help them achieve their Post Secondary goals.

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 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:

Parents Can Prevent THC Poisoning by Edible Marijuana

[Marijuana](#) (cannabis) is now legal for medical or recreational use in most states in New England. That means the availability of temptingly packaged baked, gummy or other treats that contain tetrahydrocannabinol (THC), the psychoactive ingredient in marijuana, is on the rise. Unfortunately, so is the unintentional THC poisoning risk these products pose to kids who get a hold of them.

For teens, regular marijuana use can impair memory and concentration and may interfere with learning. It's also associated with lower odds of completing high school or getting a college degree. Parents also need to know how to keep kids safe.

According to the [Consumer Meds Safety Organization](#), "Edible marijuana products are not recommended for people with children living in the home. If you use edible marijuana products, keep them up and away and out of reach and sight of children, even if children are not living in your home.

If you suspect or know a child has eaten an edible marijuana product with THC or has symptoms as described above, immediately bring them to the nearest emergency department. Your child may be

sick for a while but will usually recover.”

The Associated Press Health and Science Department issued a report this week stating that the number of youths who accidentally ate marijuana-laced treats rose sharply over five years, and that many find themselves hospitalized.

Read this article to learn more about making your house and children [safe from Cannabis Edibles](#).

Kids can't tell the difference between regular food & food made with cannabis.

THE RISKS:

Kids have smaller bodies & can be more affected by cannabis than an adult.

So how can we help keep kids safe from cannabis?

- Clearly label all food products in your home
- Store food products locked up and out of sight
- Keep food products separate from other food
- Clean up any food waste after use
- Keep visitors' bags out of reach of children
- Talk to older kids about its effects. Visit ** for more info.

Zach Parker, Student Assistance Counselor

A Message from the School Nurse:

A reminder on Covid Guidelines

The CDC issued guidelines for schools to follow for the 2022-2023 school year. The Sanborn Regional School District is following these guidelines for this year. Here is a quick overview of their guidelines. You can look at the CDC website for more information: [Operational Guidance for K-12 Schools and Early Care and Education Programs to Support Safe In-Person Learning | CDC](#)

1. The most important thing to remember is symptoms; if a student is feeling sick, they need to stay home. Fever of 100.5 F and above, cough, sore throat, vomiting, diarrhea are all reasons to stay home, away from other people.
2. If a student has fever or other respiratory symptoms, a Covid test is recommended. Home Covid test kits are accurate and easy. The schools will no longer offer Covid testing.

3. If your student is positive for Covid, the CDC recommends they stay home for 5 days. The test date is Day 0, and count 5 days after that date. There are recommendations for quarantining at home on the CDC website.
4. After the 5th day, the student may come back to school, IF they are feeling better. If they still have fever, fatigue, and/or bad respiratory symptoms, they may need to stay home longer. When they do come back to school, they need to wear a mask for 5 days.
5. Other members of the family who have no symptoms and are feeling well may come to school. They need to wear a mask for 10 days after their family member's positive test. The CDC recommends asymptomatic family members test 5 days after their family member's positive test. If at any time they start to have symptoms, then they need to stay home and test.
6. The CDC recommends watching the Rockingham County Covid check page regularly: COVID-19 by County | CDC. Right now, our Covid level for the county is "Medium". The CDC lists recommendations based on the county Covid level. Do consider those actions for yourself and your family based on the county Covid level.

Mrs. Brown
School Nurse
Sanborn Regional High School
ebrown@sau17.net
603-642-3341, ext. 1313

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.

We are working on updating our [website!](#) Please check it out (the computer version is more user friendly than the phone version) to learn more about us or find resources.

Welcome 2023!!

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!](#)

Curious what SoRock did in 2022? [Check out our Year in Review!](#)

Attention Parents! At a time when you're thinking about new goals for the new year, have you ever thought of trying Dry January? [#DryJanuary](#) is a movement across New Hampshire, the US, and beyond that was created to encourage people to take a break and abstain from drinking alcohol throughout the month of January. Here are some resources if you're curious! Your heart, liver, memory, and more could be the better for it!

- [Take a Break NH](#) Not All Breakups Are Bad
- [Sober Curious](#) Sober-ish, for when you want to be healthy-ish.
- [Bing-Free 603](#) Everybody has a reason for not wanting to overdo it when they drink... that is what Binge-Free 603 is all about.

- [Today is for me.](#) My Health. My day without Alcohol.
- [NIH Rethinking Drinking](#) For Anyone who drinks, this site offers valuable, research based information.
- [Self-Care Goals for the New Year: Compassion, Respect, Patience, and Persistence](#)

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

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.

SANBORN REGIONAL HIGH SCHOOL
PTO
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 year for you to donate money without having to buy or sell anything. Isn't that better? 100% of your Un-Fundraiser donation goes directly to the SRHS PTO, and each year you get to see how the money has been put to use. **To make it even easier to donate, we now have our own Venmo account (sanbornpto)!!** Where does the money go you might ask?

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

5. _____ This donation is to thank you for not making me buy anything, sell anything or do anything, except fill out this form.

515 _____ I do not want to bake, so here is the money that I would have spent at Market Basket on those cupcakes or cookies.

525 _____ I already have 14 Yankee Candles, 80 rolls of wrapping paper, and several coupon cards in my kitchen drawer. So, here is the money for leaving my neighbors, friends and family a knock on the door.

540 _____ I do not want to walk, run, hike, hike, dance, swim or do any activity with the word "hike" in it. Here is the money I would have spent on my child's "hike" outfit.

575 _____ 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.

5100 _____ 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 the 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: sanbornpto

NEXT MEETING: Wednesday, January 18th at 7pm in the cafeteria.

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 winter 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. After a very successful fall Special Olympics Bowling season, it is time for the winter season sports to begin.



Basketball and swimming are underway and 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](#)

2023 Penguin Plunge to Benefit the Special Olympics of New Hampshire (SONH)

On Saturday, February 12, 2023, the Special Olympics of New Hampshire (SONH) will be holding their annual Penguin Plunge! The Penguin Plunge is one of the primary fundraisers for the Special Olympics of New Hampshire, and Sanborn will be entering a team to raise funds to contribute toward

SONH's goal of \$612,580. The event will be held at Hampton Beach, where participants will brave the cold Atlantic waters to take the plunge, followed by a celebration held in the Casino Ballroom. Students will attend an information session on Tuesday, December 13 during Advisory to receive information about how they can participate. SONH's mission is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympic athletes and the community. For more information about SONH, please visit their website at <https://www.sonh.org/>. For information about the Penguin Plunge, or to contribute to our fundraising campaign, please contact Kevin Beaudoin (kbeaudoin@sau17.net) or Jim Enright (jenright@sau17.net).





Special Olympics
**Unified Champion
Schools®**



We Are Back...**In A BIG Way!**

BE BOLD! GET COLD!

JOIN US FOR A 2023 WINTER WATER SPORT EVENT TO
SUPPORT SPECIAL OLYMPICS NEW HAMPSHIRE!

**HIGH SCHOOL PLUNGE
HAMPTON BEACH, NH**

**HIGH SCHOOL & MIDDLE
SCHOOL DIP
LACONIA, NH**

**FEBRUARY
11**

**MARCH
10**



Did you love the Do-it-Yourself Plunge and Dip in 2021 & 2022? D-I-Y is also here to stay!



REGISTER BY 12/31

GET THESE*



SCAN HERE TO REGISTER NOW!



Plunge or Dip in a big way **EITHER WAY** in 2023!




FOR ADDITIONAL INFORMATION
VISIT WWW.SONH.ORG

Coffee with the Superintendent:



Coffee with the Superintendent

Friday, January 20th, 2023, at 9:00 am
Sanborn Regional High School Library

Please join Mr. Ambrose for *Coffee with the Superintendent* on Friday, January 20th. The event will be held at Sanborn Regional High School Library beginning at 9 AM.

Superintendent Ambrose will bring donuts from Reilly's Bakery in Biddeford, Maine. They are delicious!

We hope you can join us! Please RSVP via our Google form by [clicking here](#) or scanning the QR code below:



GoFund Me for the Ragonese Family:

GoFundMe Fundraiser for the Ragonese Family

Link: <https://www.gofundme.com/f/aimee-ragonese-and-family>

It is with great sadness that we share the unexpected passing of Aimee & Mark Ragonese's daughter, Elizabeth "Liz/Lulu" on December 16, 2022. The D.J. Bakie School is fundraising for the family to help with any and all expenses related to this tragic circumstance.

If you would like to contribute, please click on the link above. Thank you for supporting the Ragonese family during this most difficult time.



Sanborn Flag Football:



Sanborn Flag Football



Spring 2023

Season Starts April 22nd

Largest NFL Flag Football League

in New England

Coed Ages 3-17

Female Leagues

10u, 12u, 15u

Financial Assistance Available

****Not a School Sponsored Event****

SYFFL.COM

Learn at your pace.



Exeter Adult Education Classes WINTER/SPRING 2023

Academic Skills and High School Equivalency Preparation

FREE classes to improve confidence and skills in math, reading, and writing for employment and test taking. Exeter Adult Education is a HiSET® Testing Center.

DAY CLASSES

Starts 1/9
Mon, Wed and Fri
9 am - 12 pm

EVENING CLASSES

Starts 1/9
Mon and Thurs
6:30 - 9 pm

NEW STUDENTS: Please call our office at 603-775-8457 to register by appointment. Enrollment is ongoing throughout the semester.

English for Speakers of Other Languages - ESL

FREE classes to improve English speaking, listening, reading, writing, grammar and pronunciation. **In-person and remote instruction available.**

DAY CLASSES

Starts 1/9
Mon, Wed and Fri
9 - 11 am

EVENING CLASSES

Starts 1/9
Mon and Thurs
6:30 - 9 pm

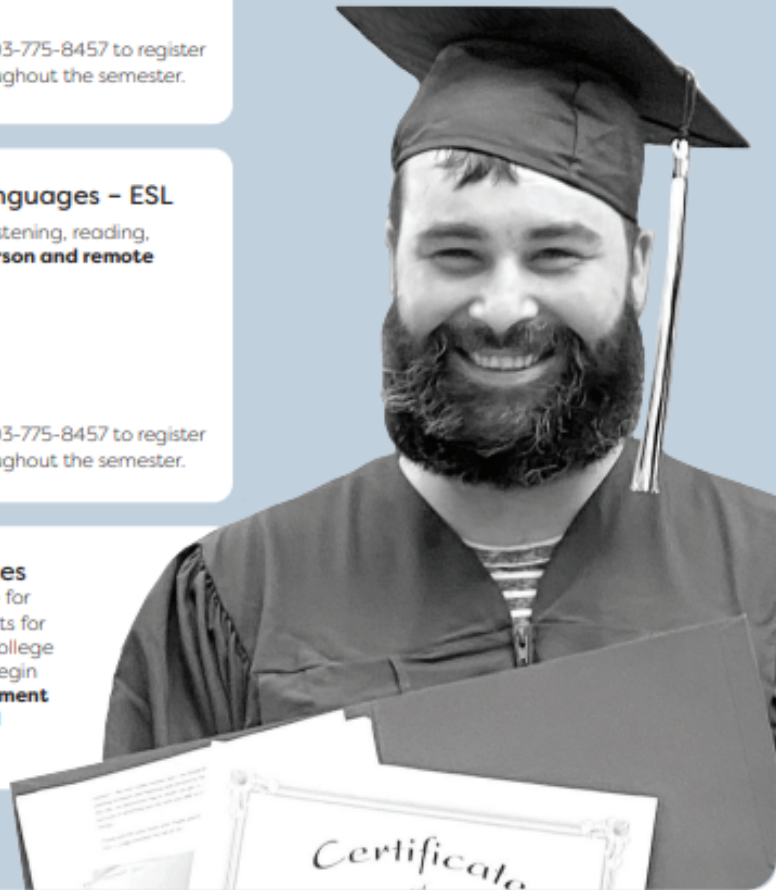
NEW STUDENTS: Please call our office at 603-775-8457 to register by appointment. Enrollment is ongoing throughout the semester.

Adult High School Diploma Classes

Evening high school credit courses available for adults needing to complete the requirements for a high school diploma or for a refresher or college preparation (including Chemistry). Classes begin 1/30, one night/week for 15 weeks. **Appointment for course registration is required. Limited scholarships available.**

“Because of the caring staff and teachers who do anything to help, I got my HiSET® with great scores.”

Gene T.
HiSET® Student



30 Linden Street, Exeter, NH 03833
603-775-8457 AdultEd.sau16.org

List of Enrichment Courses on Reverse Side

Community Education/Enrichment Program

For complete course descriptions, times and fees, visit AdultEd.sau16.org

Language

Basic Italian I 2.15 - 5.8 | 5:30 - 7 pm
Basic Italian II 2.15 - 5.8 | 7 - 8:30 pm
*Conversational Spanish 1.27 - 3.24 | 12:30 - 1:30 pm
Evening Beginner Spanish / Level 1 3.7 - 5.2 | 7:30 - 9 pm
Evening Beginner Spanish / Level 2 3.7 - 5.2 | 6 - 7:30 pm
*Daytime Advanced Italian with Grammar 2.16 - 5.18 | 11 - 1 pm
*Daytime High-Intermediate Spanish II 1.25 - 3.22 | 12:30 - 2 pm



Cooking

Italian Cookies and Desserts 2.16 - 3.16 | 6 - 9 pm
Italian Cooking - Pasta and Sauce 4.15 - 5.25 | 6 - 9 pm



Computer/Technology

Accounting & Bookkeeping Basics with Quickbooks 3.6 - 4.10 | 6 - 7:30 pm
Smartphone & Tablets 4.18 | 6 - 8:30 pm
Technology Literacy for Apple Device Users 2.14 - 3.28 | 6 - 8 pm



Health & Wellness

*Adrenal Wellness 3.20 - 3.27 | 6:30 - 8 pm
Ballroom Dancing 2.15 - 4.10 | 6:30 - 7:30 pm & 7:30 - 8:30 pm
Heartsaver Adult CPR/AED 3.16 | 6 - 9 pm & 4.20 | 6 - 9 pm
Introduction to Latin Dance 2.14 - 4.11 | 6:30 - 7:30 pm
RAD Instructional Course 4.4 - 5.9 | 5:30 - 8:30 pm **FREE**
*Sound Sleep 3.15 | 6:30 - 8:30 pm
*Weekday Wake Up with Mimi 3.7 & 3.9 - 5.2 & 5.4 | 8 - 8:40 pm
Wellness Yoga 3.7 - 5.2 | 6 - 7:15 pm



Hand Craft

Acrylic Painting for Beginners/Intermediates 3.30 - 5.11 | 5 - 7 pm & 7 - 9 pm
Art and Science of Drawing 2.16 - 4.15 | 6 - 8 pm
Beaded Bracelet Making 2.23 | 1 - 4 pm & 3.16 | 6 - 9 pm
Beginning Watercolor 2.14 - 4.11 | 6 - 8 pm
Calligraphy for Beginners 3.9 - 4.15 | 6:30 - 8:30 pm
Crocheting for Beginners 2.14 - 4.4 | 6 - 8 pm
Crocheting for Intermediates 4.11 - 5.23 | 6 - 8 pm
DIY Acorn Cap Craft 3.27 | 6 - 9 pm
Embroidery for Everyone 2.16 - 3.30 | 5:30 - 8 pm
Enjoy Cross Stitch 3.23 | 1 - 4 pm & 3.30 | 6 - 9 pm
Gnomes & Tiny Santa Craft 3.20 | 6 - 9 pm
Iris Paper Folding 5.4 | 6 - 8 pm
Open Studio with Watercolors 4.3 - 5.15 | 6 - 8 pm
Polymer Clay for Jewelry 3.21 - 3.28 | 5:30 - 8 pm
Silk Scarf Design Painting 4.18 | 6 - 8 pm & 4.20 | 6 - 8 pm
Soy Candle Making Workshop 3.14 | 6 - 9 pm & 4.3 | 6 - 9 pm
Watercolor Pencil 3.6 - 3.27 | 6 - 8 pm



Personal Development Courses

Beginning Guitar 2.7 - 4.4 | 7 - 8 pm
Downsizing? 2.13 | 6 - 8 pm
Estate Planning 3.9 | 6 - 7:30 pm
Estate Planning for Seniors 3.23 | 6 - 7:30 pm
Every Picture Tells a Story: Organizing Photos 5.4 | 6 - 8 pm
How to Invest Your 401K, IRA & Other Investments 5.9 - 5.16 | 6 - 8 pm & 5.10 - 5.17 | 1 - 3 pm
*Learn to Love Public Speaking 2.6 - 2.27 | 6 - 7:30 pm
My Dying To Do List 4.17 | 6 - 8 pm
Navigating Career Change at Any Age 4.10 | 6:30 - 8 pm **FREE**
Social Security and Medicare Essentials 3.14 | 6 - 7:30 pm
Ten New Testament Prophecies 3.7 - 5.16 | 7 - 8 pm
Ukulele Band 2.14 - 4.11 | 6 - 8 pm



Tutoring Program

Offers adults **FREE**, confidential, one-to-one or small group instruction in reading, writing, math, high school equivalency prep, ESL and citizenship. **For tutoring or to volunteer as a tutor, contact the Coordinator at 603-775-8458.**

Navigating Career Change at Any Age

Mon, 4/10 from 6:30-8 pm. Class is **FREE**. Choosing or changing a career is an important undertaking and can be difficult to navigate. Exeter Adult Education can support adult learners in the assessment of their skills and needs in order to best align those with job opportunities in our region. Call **(603) 775-8457** or register on our website at adulted.sau16.org under Enrichment classes tab.

Questions? Call us 603-775-8457

For complete course descriptions, times and fees: Adulted.sau16.org



30 Linden Street, Exeter, NH 03833

A proud partner of the [americanjobcenter](http://americanjobcenter.org) network.

Course space is limited. Must be at least 18 years old to enroll in enrichment classes. If a course is cancelled or full, students will be notified; otherwise, students WILL NOT receive notification of enrollment and should attend the first class. Refunds will not be given unless a course is cancelled. Courses are open to residents and non-residents of Exeter.

It is the policy of the ERCSD School Board that there will be no discrimination on the basis of age, race, creed, color, religion, marital status, sexual orientation, national ethnic origin, economic status, or disability for employment in, participation in, admission/access to, or operation and administration of any educational program or activity in the School District.
Not School Sponsored * Remote

Kingston Rec. Summer Camp Counselors Wanted:

Kingston Recreation is looking for recreation counselors for the upcoming 2023 summer. Counselors will be responsible for working with children from the ages 5 to 14 and will be responsible for overseeing and implementing creative programming, chaperoning field trips, and ensuring safety around our facility including our lake front, for our campers. CPR and First Aid training are mandatory, lifeguard training is beneficial. There are 2 mandatory inservice days - Wednesday June 21 and Thursday June 22. Counselors work 30 to 40 hours a week and camp starts on Monday June 26th and runs 8 weeks until August 18th. There is no camp on July 4th. Counselors can have a limited amount of unpaid time off. Shifts are generally 7am-3pm or 9am-5pm. Applicants who are 17 years of age or older and/or have experience as a camp counselor are preferred. Kingston Recreation requires references, as well as a background check. Kingston Recreation is an equal opportunity employer. Please contact Paul Butler at 603-531-3337 or email Kingston.recreation24@gmail.com for more information.

Parent Support Group:



FREE
ALL WELCOME

Parenting Support Group

If you need encouragement and tools to help with parenting, talk to us.

With

Kaylene Fraser, MSW, School Social Worker
Sanborn School District
Jillian Burns, MSW, Seacoast Mental Health
Center School Liaison

When

Bi-weekly Wednesdays starting December
7th from 6:00-7:00pm via Zoom

Parenting support groups provide an opportunity for parents to share ideas and their concerns:

- calming strategies
- electronic limits
- behavior management
- and more!

To sign up and/or ask questions please email:
kfraser@sau17.net
or
jburns@smhc-nh.org



Technology Fun Night Friday, January 13, 2023 6:00 PM – 8:00PM

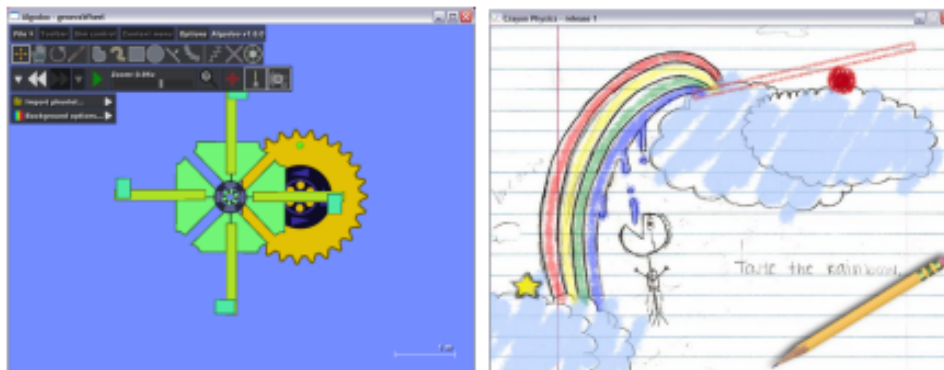
Place: Seacoast School of Technology
Who: Grade 5 – 9 students

Cost: Voluntary donation of 3 cans of food for local food bank per person. If you would like to bring more cans, all donations will gladly be accepted.

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

Register online @ <https://sst.sau16.org/en-US/technology-fun-nights-f4734f0b>.
Registration opens 8 AM on Tuesday, December 20, 2022. Registration deadline is January 12, 2023. Limited to 25 students on a first come first served basis.

This month's theme is Physics. Come learn about how you encounter Physics everyday in the world around us. We will be using three tools to help visualize this (Crayon Physics, Algodoon (formerly Phun Physics) and PowderToy). There will be door prizes.



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

Come join in the fun!!!!



Snow Shoveling Help!



Sanborn Regional High School is offering snow shoveling assistance to those in need of help this winter season.

Please contact Rex at 781-820-6055 or rex.sullivan@sau17.net to request our services.

Thank you and we look forward to helping!