



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*

October 9th, 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,

What a fantastic Homecoming week we had at SRHS! The spirit days were very entertaining to see with all of the creative costumes and Sanborn pride. Thursday's pep rally showcased creative skits and some competitive fun which included a game of duck, duck, goose. The class of 2023 emerged victorious. Saturday had a great turn out with the day time food trucks and athletic events. And finally the dance and bonfire was a great success! Thank you to all of the volunteers and students for a great Homecoming week!

Important Upcoming Dates:

Monday, October 10th:

Columbus Day - No School

Wednesday, October 12th:

PSAT Day grades 9-11

Collegeland Career Exploration

Day grade 12



Thursday, October 13th:
Department Awards Night

If you have any questions please reach out.

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



Jennifer Michitson
Principal



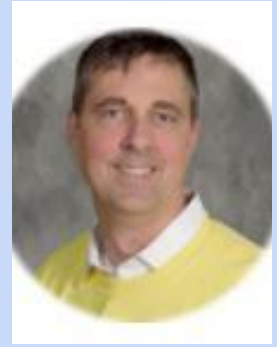
Dr. Robert Dawson
Assistant Principal
Athletic Director



Nichole O'Brien
Assistant Principal
Curriculum



Heidi Leavitt
Counseling Director



Timothy Westphal
Assistant Principal

Athletic Happenings this Week:

Monday, Oct. 10

JV Football home v Newport, 10:00 am

Tuesday, Oct. 11

Golf @ NHIAA Div. 3 Tournament, Windham CC, 9:00 am

Boys Soccer home v Newmarket, 4:00

Field Hockey @ Souhegan, JV's 4:30, Varsity 6:00

Wednesday, Oct. 12

No games

Thursday, Oct. 13

Field Hockey home v Milford, 3:30 Varsity, JV's after

Girls Varsity Soccer home v Kearsarge, 4:00

Friday, Oct. 14

Boys Soccer home v Pelham, 4:00, JV's after

Girls Soccer @ Hillsboro-Deering, 4:00

Saturday, Oct. 15

Cross Country @ Pelham Invitational, 10:00 am

Football @ John Stark, 2:00

Golf @ NHIAA Individual Championships, TBA



**Sarah Bufano '24 at the
NHIAA Girls Tournament**

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

Important Information from SRHS Yearbook:

A photograph of wooden blocks arranged to spell out 'CLASSES OF' on the top row and '2023' on the bottom row. The blocks are light-colored wood with black letters and numbers.

Senior Photos: Formal, Casual and baby
Deadline:
Friday, October 21, 2022
Email your photos to: **YEARBOOK**
srhsyearbook@sau17.net

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

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

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 fees(s) will be added if applicable.
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School Counseling Update:

Seniors who are looking for some help with their college essay who may be doing Senior English online or through NECC can email their essays to Mrs. Ryan at ryan@sau17.net. She will take a look at it for you, provide some feedback and then meet with students individually or in small groups to provide some support.

Is your child taking a **Running Start or SNHU** class (statistics, precalculus, chemistry or chemistry 2)? Make sure to have them watch for the deadlines to apply for the college credit. It is a very inexpensive way to earn college credit. However, there are strict deadlines that must be met and we have no flexibility once the deadline has passed.

Finally, looking ahead to October and November, all Freshmen, Sophomores and Juniors will be taking the **PSAT's on October 12th**. This exam gives students the opportunity to take a timed, standardized test and the results can be linked to study plans to focus their attention on the skills they need help with for the SAT they will take as Juniors in the spring. Any student who is testing in the morning and wants to be dismissed after the testing should bring in a note to the main office. The testing takes about 3.5 hours and students will be expected to return to classes in the afternoon if they are not dismissed. Mid Session SST students will be excused from SST in the morning. PM SST and NECC students will be expected to attend their afternoon classes.

Post Secondary Exploration Day for Seniors will be held on October 12th in the morning. Participation in this day is a graduation requirement. Seniors will be given an opportunity to work on their college applications with the school counselors, their college essays with English teachers and resumes/interview skills with other educators. We will also have a financial skills fair and several career speakers available for students to engage with. Mid Session SST seniors will be able to attend SST, PM SST students, internship and NECC students will be expected to attend their programs in the afternoon.

On November 14th, Sanborn and NHHEAF will partner up to host “**I Applied Day**” where students will be able to apply to all NH Colleges and Universities for free! Given that each application can cost anywhere between \$0 and \$100, this event provides a tremendous opportunity for our students.

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

SAT boot camps offer free test prep for New Hampshire students

New Hampshire students are invited to participate in two upcoming SAT prep courses, at no cost, to prepare for the November and December SAT exams.

[Schoolhouse.world](#) is excited to announce two, four-week boot camps for students planning to take upcoming SAT tests:

- October 8 – November 4 (for the Nov. 5, 2022 SAT exam)
- November 5 – December 2 (for the Dec. 3, 2022 SAT exam)

Each bootcamp will include eight sessions with 75-minutes each of test prep with a certified, online tutor with Schoolhouse.world. Students will work in a cohort with students of similar abilities for their tutoring sessions, which will focus on mastering skills, building strategies, time management and completing full-length practice exams. Sessions will highlight both reading and math SAT practice test questions.

“This is a great opportunity for New Hampshire youth to take advantage of free SAT prep courses. These small-group SAT tutoring sessions can help students of all abilities find the motivation, knowledge and confidence to reach their goals,” said Frank Edelblut, commissioner of education.

On average, students who complete the bootcamp often improve their test score by about 90 or more points across both sections, according to organizers. NHED was the first state in the nation to partner with Sal Khan and Schoolhouse.world to provide free tutoring to its high school students.

To pre-register for one of the sessions, visit [SATbootcamp](#). This program also serves as a research study around the efficacy of SAT tutoring, meaning students may be asked to complete occasional surveys, short exercises and participate in focus groups about their bootcamp experience; full details will be provided upfront during the sign-up process.

Message from your Student Assistance Counselor, Zach Parker:

Be alert for patterns when investigating substance abuse

When a teen is abusing alcohol and drugs, a pattern of signs typically occurs. Unfortunately, parents don’t always see the signs for what they are—until they are faced with a serious problem. You should suspect substance abuse, or the risk of it, if you see several of the following signs:

- Social issues. If your teen feels that they have no friends, if he or she is very down on themselves, or starts hanging around peers who behave recklessly, they could be at risk.
- Sudden academic problems. There are many reasons for a big drop in grades. But if it happens along with other signs of substance use, it could be part of a dangerous pattern.
- Leaving evidence. Things like empty beer cans and rolling papers don't just appear. If you find them, it is likely your teen knows exactly how they got there. It is also likely that they used them themselves.
- Not caring. Teens involved in drugs or alcohol eventually start ignoring what was once important: concern for what parents think, for what non-using peers do, and for their own appearance.
- Unusual events related to money. Drugs and alcohol cost money. Teens sometimes take money from their homes to support their behavior. On the other hand, a teen who suddenly has more money than usual may be selling drugs.

Teens can be secretive creatures. But staying involved in a teen's life supports school, social and even emotional success. Make sure you watch for signs of drug and alcohol use. Importantly, make sure your teen knows that you are available, willing to listen, and able to help.

Take a look at [this article](#) by the Partnership to End Addiction for information on teen motivations, perceptions and what you can do to support your teens.

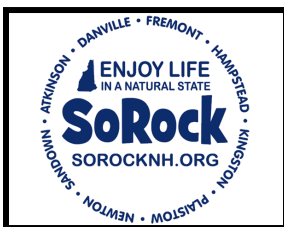
Mr. Parker

A Message from the School Nurse:

A reminder to parents and students that it is against Sanborn District policy for students to carry any medication on their person or in their bag, unless they have permission of their doctor and the school nurse. Any medication a parent feels the student should have available during the school day should be brought by the parent to the school nurses' office. Asthma inhalers and Epipens can be carried by the student with a current yearly medication permission form on file with the school nurse.

Beth Brown RN CPNP-PC
 School Nurse
 Sanborn Regional High School
 17 Danville Road
 Kingston, NH 03848
 (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.

October is National Medicine Abuse Awareness Month!

- **[Click here to learn the dangers of and what parents can do to prevent cough medicine abuse](#)**
- Drug traffickers are using social media to advertise fake pills (Adderall, Xanax..etc) and conduct sales. Talk to your kids about the dangers of taking medication not prescribed to them by a doctor. **[Click here to learn What Every Parent and Caregiver Needs to Know About FAKE PILLS](#)**
- **Save the Date!** The Next **[National Prescription Drug Take Back Day is October 29, 2022, 10AM to 2PM.](#)** The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

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




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 ([sanbrnrhspto](#))!** Where does the money go you might ask?

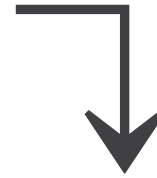
~\$100 starter cash for the in-coming Freshman student activities account	~Teacher's meals for the Open Houses & Teacher Appreciation Week
~Classroom grants, up to \$250 per teacher, to fund innovative programming	~A \$500 scholarship to a Sanborn Senior
~Funds to support class activities	~Senior Success 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: [sanbrnrhspto](#)**



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.



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.

Special Olympics Bowling will be starting soon if anyone is interested in volunteering for this sport.

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](#)

Exciting News from The Spot:

Hi Sanborn Students, Staff and Community Members,

The Spot, the place for all sanborn gear, snacks and more, is running a special pre-sale order of our potential new inventory. Be one of the first people to get your brand new SANBORN Gear. All of the items are student designed and are available on our webstore until Sunday, October 18th. Show your Sanborn Pride!

[Click here to view our online store.](#)

Email bgray@sau17.net for any questions.



Pre-Order SALE



ORDER NOW!



Tim Corey Memorial Fund Golf Day:



Tim Corey Memorial Fund Golf Day

**Wednesday, October 12, 2022
9:00 A.M. Shot-Gun Start**

Non-Members
\$125.00
per person

Apple Hill Members
\$80.00
per person

Make your own foursome or teams will be drawn up the week before and posted in the Apple Hill Clubhouse

INCLUDES:

18-holes of golf, cart, light breakfast, lunch, prizes for: hole-in-one; longest drive; closest to pin; and closest to line. Mulligans - 2 for \$5

ALL PROCEEDS TO BENEFIT THE TIM COREY FUND

Registration Ends: ~~Friday, September 30th~~ **Mon Oct 10**

Please fill-out the registration form below and return with your check to either
Dennis Willis, Jacqueline Hopkinson or Julian Dunlop

Please make checks payable to **THE TIM COREY FUND**

NAME: _____

PHONE NO: _____

PLEASE CIRCLE ONE:

- Men Only Team Women Only Team Mixed Men / Women Team

QUESTIONS? Contact either

Dennis Willis at (603) 395-7742, or
Julian Dunlop at (603) 234-3313

Tim Corey Memorial Fund Golf Day

OUR MISSION is to raise money in Tim's memory for the things he loved most, helping kid's further their careers as good citizens and golf players. Our Committee, **Jacqueline Hopkinson—President from the Ladies Golf League, Julian Dunlop—President** and **Dennis Willis—Secretary from the Men's Seniors golf league** shall be conducting a Scholarship fund raising event, to award two golf players, a senior girl and boy from Exeter High School and the same for Sanborn High school, that demonstrate good citizenship and are part of their school's golf curriculum.



Tim Corey Memorial Fund Golf Day to be held at the **Apple Hill Golf Course on Wednesday, October 12th.**
We are looking for businesses like yours to Sponsor the Tournament with a minimum \$100 donation and we will include signage promoting your business at the tournament which will be posted on one of the 18 holes.

Checks should be made payable to the "Tim Corey Fund", AND please put EIN 88-2050354 in the memo section.

SPONSOR FORM FOR SIGNS

All sponsored hole signs will have the following information (NO ads or logos) ...

Sponsor/Company Name: _____

Company Tagline or Sentiment: _____

City or Town: _____

Telephone Number: _____

Email Address: _____

Website URL: _____

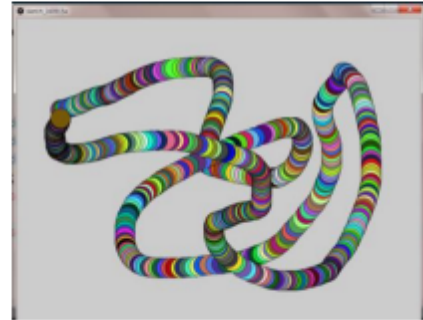
Technology Fun Night Friday, October 14, 2022 6:00 PM – 8:00PM

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, September 20, 2022. Registration deadline is October 12, 2022. Limited to 25 students on a first come first served basis.

This month we will be learning about computer programming with Alice, Scratch, and Processing. There will be door prizes.



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

Come join in the fun!!!!

Sanborn-Epping Ice Hockey Fundraising Event:

**Sanborn - Epping
Ice Hockey
Fundraising Event**

**Holiday
CRAFT
FAIR**

**Sanborn Regional High
School**

November
26th
9 a.m. - 3 p.m.

**FREE
ENTRY**

*Come on down and help support
this amazing Fundraising Event
organized by The
Sanborn-Epping Hockey Boosters*

80+ VENDORS

Scratch Ticket Raffle
Food & Drinks
Home Decor
Home-made Items
Gifts & Many More

Email with inquires
regarding available
space to:

sanborneppinghockeyboosters@gmail.com