



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*

December 18th, 2022

## Sanborn Regional High School

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

[www.sau17.org](http://www.sau17.org)

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



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## Seasons Greetings Sanborn Students and Families,

We hope you all stayed safe and warm during the winter weather we had this weekend. Only a short four days until the holiday vacation. There are some fun activities planned for the upcoming week including "Ugly Holiday Sweater" day on Thursday, December 22nd. The Student Council has been collecting items for the Twelve Days of Caring. Bins are located in the school's front vestibule for anyone who is interested in donating items. Items can include non perishable food items, personal hygiene items, holiday decorations, coats/boots/shoes, toys, pet supplies, and any other clothing items. All items will be donated to local charities and organizations.

This edition of Points of Pride will be the last of 2022. The next edition will be sent out on Sunday, January 8, 2023. We would like to take this opportunity to wish you all a very happy holiday season, and a happy new year!

## Important Upcoming Dates:

**Friday, December 23, 2022 - Monday, January 2, 2023:**  
Holiday Vacation

## Monday, January 9th:

Parent Open House - 3:30pm-7:00pm

Incoming 9th Grade Meeting - 6:00pm-7:00pm

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

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## Athletic Update:

### **High School Games this week:**

**Tue, Dec. 20:** Boys Basketball home v Laconia. JV's 5:00, Varsity 6:30  
Girls Basketball away @Laconia

**Wed, Dec. 21:** Ice Hockey home v Pembroke-Campbell @ Dover Arena, 4:30

**Th, Dec. 22:** Indoor Track NHITL Meet at UNH, 4:00. Bus departs at 2:15  
Swimming and Diving Meet at Phillips Exeter Academy with Exeter and Dover, 2:45

## 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](mailto:rdawson@sau17.net)

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## Classroom Happenings:

### **SRHS Chorus Concert:**

On Tuesday, December 13th, the SRMS/SRHS chorus led by Mr. Harrington had their first concert of the year. The group sang a collection of music, including a combined finale trio of songs from "The Greatest Showman". Congratulations to all who performed.

### **Life Skills go Holiday Shopping:**

Mr. Beaudoin's Life Skills students put their shopping shoes on this week and took a trip to the Mall at Rockingham Park for a shopping experience. Students have been learning about percentages in Math with Mr. Parsons and were able to bring the classroom instruction to life.





### **SRHS Groundbreaking Shovel Display:**

Facilities and Safety Officer Dan Doyle thought it was time to create a plaque to display the SRHS groundbreaking shovel at the SAU office. With guidance and support from Mr. Kelly, seniors Henry D'Antonio and Ethan Stanley took on the project and came up with this red oak board shaped like NH. Congratulations to Henry and Ethan on a beautiful plaque. Look for the shovel on display at the SAU office.

### **Mr. Enright's Corner:**

#### **An Update on the Sanborn Submarine Project:**

I am excited to announce that the submarine team, the "Sanborn Submariners", now has an official website, which can be found [here!](#) The website was designed and created by the students in Brian Gray's Digital Media class. Brian's students have done an amazing job of sorting through pictures and videos, meeting with the dive students, and even attending scuba training sessions to put this website together. One of Brian's students put together the video montage on the website, and is continuing to add pictures and video clips. Other students in Brian's classes developed the team logo and the idea of "Sanborn Submariners" as a team name. A huge thank you to Brian for coordinating these projects, and the many collaborative sessions necessary for he and his students (also known as our Marketing team!) to develop such fantastic products!



We will continue to develop the website with additional pictures, videos, and updates about the progress being made on the submarine, so please check back often. Please be sure to check out the Sponsors section of the website, our community partners provide support to help make projects like this possible.

I am so proud to be working with such a great group of students! Whether it's moving outside of their comfort zone to learn to scuba dive, or taking on the challenge to create a video montage to highlight our team's progress and building a website from scratch, these students are simply amazing!

Jim Enright



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## 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

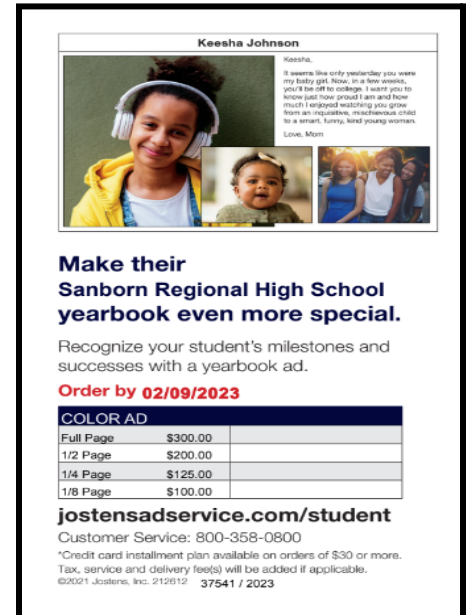
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Create and purchase online by 02/09/2023

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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.**

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## 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](mailto: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

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## **Message from your Student Assistance Counselor, Zach Parker:**

### **Winter, Mental Health & the Winter Season Blues**

When the seasons change and the days become shorter, the lack of sunlight and cold weather can cause us to experience the winter blues.

Seasonal Affective Disorder, or [SAD](#) typically begins in the late fall as the amount of daylight wanes, and eases during the spring or summer. The symptoms of SAD can last between four to five months out of the year. Symptoms can include:

- Feeling depressed for most of the day, on most days
- Loss of interest in activities
- Changes in appetite or weight, including overeating and weight gain
- Trouble sleeping or oversleeping
- Low energy
- Difficulty concentrating
- Social withdrawal

It's important to share your feelings and needs to loved ones, even though you may find it easier to

withdraw under a blanket on the couch! . Talking to an area [mental health counselor](#) is another great way to find the support you need.

There are plenty of indoor activities to keep you feeling busy and productive during the chilly winter months. Here are a few to try:

1. Take a painting class or visit a clay studio
2. Experiment with a new cookbook
3. Dust off, or pick up a new musical instrument
4. Work on home improvement projects
5. Read or listen to books with friend, family of neighbors
6. Play with your pets (or [adopt a new pet](#), if the time is right!)
7. Create a terrarium or raise some indoor seedlings
8. Start journaling or a video log
9. Play games or puzzles with your friends and family ([Diversions](#) in downtown Portsmouth, NH has a wide selection of both)
10. Watch feel-good movies and TV shows
11. Make your home as comfortable and warm as possible

Whatever you do to keep the blues away this winter, make sure to check and connect with family, friends and health providers. New England winters may not be anything new, but how we cope with them can change!.

Zach Parker, Student Assistance Counselor

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### **A Message from the School Nurse:**

#### **Get Your Sleep!**

Did you know the average human spends 1/3 of their time sleeping? And yes, parents, teenagers do sleep more! The average teenager should be getting 8-10 hours of sleep per day. Why do we have to sleep? Like you charge your phone, your body needs to be recharged too. Sleep helps keep your body running right, helps you to stay healthy, and you feel better after a good night's sleep. Your mind also requires good sleep: scientists feel that sleep helps you to store memories, and it helps your mind to work the way it should, and much more. Sleep is important! So, you need 8-10 hours of sleep a night. How do you get it? An important tool for sleep is sleep hygiene. Sleep hygiene is a way to take care of yourself so that you make sure you get the sleep you need. It's a routine of habits you do daily. Our minds love routines! Here's what sleep hygiene is:

1. Go to bed at the same time every day, even weekends and vacations. If you are getting up at 5am, back up 8 hours on the clock and you get 9pm. Aim to get to bed about that time.
2. Try not to eat a big meal or drink caffeinated drinks before bedtime. Some people know they shouldn't have coffee or Coke after a certain time in the afternoon to help sleep better later.
3. Your room should be dark and quiet; not too hot, and not too cold. It should be easy to relax.
4. Exercise during the day is very good to help you sleep at night. Don't exercise too close to bedtime, as it takes some time for your body to wind down.
5. Do the same thing each night before bed. Everyone has their routine: maybe a shower or warm bath, pajamas, brushing teeth, reading a little from a book. It tells your mind it's time to sleep.

6. Avoid screens before bed. TVs, your computer, your tablet, your phone all emit blue light, which has been shown to disrupt your sleep cycle and keep you awake. Plus, social media uses every trick in the book to keep you on their site. Put the phone to charge and don't pick it up!

Here's some great websites with more information on sleep hygiene:

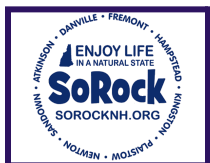
## **[8 Amazing Things Sleep Does for Your Mind & Body \(teenhealthcare.org\)](http://teenhealthcare.org)**

### **Tips for Better Sleep | CDC**

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

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### **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.

December is here and the holidays are fast approaching. Here are [5 tips for taking care of your mental health this season](#).

On December 2nd five High School Students interested in mental health accompanied SoRock to Memorial School to help us deliver "[Gizmo's Pawsome Guide to Mental Health](#)" to the 3rd and 4th grades with [AFSP](#)! Students learned about mental health and made their own mental health plan. Thank you to the Sanborn Career Pathways program for helping us make this happen!

**Youth In Action!** Students identify the top issues facing their peers and take action to help ensure a safe and healthy school community. [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](mailto: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](mailto: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](mailto:tishiebell@yahoo.com). Please click [HERE](#) to join the PTO.

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

### PTO Un-Fundraiser Information:

**SANBORN REGIONAL HIGH SCHOOL**  
**PT**   
**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 ([sanbornrhspto](#))!!** 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: [sanbornrhspto](#)



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



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## 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](mailto: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](http://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](mailto:kbeaudoin@sau17.net)) or Jim Enright ([jenright@sau17.net](mailto:jenright@sau17.net)).



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### **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\*\*](mailto:Kingston.recreation24@gmail.com) for more information.

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Give the Gift of Reading Event:



**GIVE THE GIFT OF  
READING**

Get a gently used book for free or  
for a small donation

**DECEMBER 7, 14 & 21 AT 3PM**

**FREE GIFT WRAPPING!**

**MICHELLE@KINGSTON-LIBRARY.ORG**  
**KINGSTON COMMUNITY LIBRARY**

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## 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





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**National Honor Society Snow Shoveling:**



***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](mailto:rex.sullivan@sau17.net) to request our services.

Thank you and we look forward to helping!

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**National Honor Society Decorating (or Undecorating) Offer:**

A black poster with a red border. In the top left corner, there is a cluster of colorful, teardrop-shaped ornaments in blue, green, yellow, and red. In the top right corner, a single red circular ornament hangs from a white string. The text is centered and reads: "SRHS' National Honor Society Presents..." followed by "HOLIDAY DECORATING" in large, white, serif capital letters. Below this, two dashed-line boxes contain the questions: "Need help decorating for the upcoming season/holidays?" and "Or just getting your decorations out of the shed or attic?". A paragraph follows: "If you have lights, garland, wreaths, etc. that you are unable to put up this year.... We can help!". Below that is the note: "\*We'll also help take them down after the holidays!". At the bottom, a dotted line separates the contact information: "Interested? Contact Mrs. Mulvey at: emulvey@sau17.net or (603) 642-3341". In the bottom right corner, there is another cluster of colorful, teardrop-shaped ornaments.