



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

September 4th, 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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RECEIVE TEXT UPDATES
FROM OUR SCHOOL:

Opt-In from your
mobile phone now!



Just send "Y" or
"Yes" to 67587

Greetings Sanborn Students and Families,

We had a great start to the school year this past week. The building was alive and busy with all of the sights and sounds of the first days of school. The days went smoothly and students have been amazing! Here are a few important dates and events coming up including one important date change:

Monday, September 5th - Labor Day - No School

Wednesday, September 7th - School Pictures - Information included below

Thursday, September 8th - Class meetings for Juniors and Seniors - Details will go out to students on Tuesday.

Friday, September 9th - Class meeting for Sophomores - Details will go out to students on Tuesday.

Friday, September 9th - Back to school forms are due in ALMA Start.

Open House and Academic Awards Night DATE CHANGE - Due to unforeseen circumstances, the Open House and Academic Awards Night scheduled for **Monday, September 12th, will now take place on Monday, September 19th.** The time will remain the same - 3:30pm-6:00pm for the Open House, and 6:00pm-7:00pm for the Academic Awards Night. Academic Awards Night is a night where current Seniors, Juniors, and Sophomores are recognized for their academic achievement during the 2021-2022 school year. This event is by invitation only. Invitations will be sent out the week of September 12th.

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



Nichole O'Brien
Assistant Principal



Heidi Leavitt
Counseling Director



Timothy Westphal
Assistant Principal

School Picture Day is Coming!

Students get your smiles ready! Life Touch will be at SRHS on Wednesday, September 7th. All students must have a picture taken for a photo ID but are not required to order a package. Order forms were sent home this summer. There are forms available at the front office or you can order pictures through the website at Mylifetouch.com.

A Message from Mr. Parker and the Student Assistance Program:

Find the Rhythm, Avoid the Blues! Starting the Year Off Strong!

Even though it has been on everyone's radar, the beginning of a school year brings out a lot of emotional, logistical and social hurdles. Here are a few tips to lessen the hardship of the transition from Summer to School, and help re-create the structures that support the family.

1. **Set a sleep schedule**-the school day length might not be

Lifetouch
PICTURE DAY IS COMING!

Wednesday, September 07, 2022
miércoles, 7 de septiembre, 2022
Sanborn Regional High School

Order before Picture Day on mylifetouch.com with your Student's School ID or Picture Day ID:
EVTS2JCC8

Visítelo el Día de la Foto. Encarga antes del Día de la Foto en mylifetouch.com con tu ID escolar del estudiante o la ID del Día de la Foto.



A SPECIAL OFFER!
Order pictures on mylifetouch.com and enjoy **\$30 Off at Shutterfly** plus a **FREE 8x11 photo book**

*Offer expires April 30, 2023. Taxes, shipping and handling may apply. Other restrictions apply. Learn more at lifetouch.com/K12GWP.
¡Una oferta especial! Encarga fotos en mylifetouch.com y disfruta de un descuento de \$30 en Shutterfly** más un álbum fotográfico de 8x11 GRATIS. **La oferta vence el 30 de abril de 2023. Se pueden aplicar cargos por impuestos, envío y manejo. Se aplican otras restricciones. Conoce algo más en lifetouch.com/K12GWP.

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any different from last year, but for the first few weeks it sure seems much longer! Make sure to set a time for laying aside screens, books and friends. This helps ease us into sleep-readiness. Make sure to set alarms (multiple if need be) to get us out of bed, and with plenty of time to get our morning routines done without rushing.

- 2. Organize visually**-Fill that fridge, bulletin board or other common area space with useful reminders. School calendars, daily and weekly schedules, teacher contact information are all great things to make readily accessible.
- 3. Check-in**-Some kids love talking about school. With others, it's like pulling teeth to get them to share even a few details about their day — especially if something's upsetting them, like bullying or struggling in school. Make sure to use car rides, meals or even TV time to check in on how they feel about their new classes, friendships and how they feel they're doing.

Once a routine is in place, it will become easier to see the kids off, and you may experience less arguments, chaos and forgotten lunch boxes on the kitchen table!

~Mr. Parker

Athletic Happenings this Week:

Tuesday, September 6:

HS Field Hockey (h), Trinity, 4:00
Golf @ Brady, 3:30, **dismissal 1:15**
Boys Soccer (h) Brady, 4:00

Wednesday, September 7:

Girls Soccer (h), Derryfield, 4:00

Thursday, September 8:

HS Field Hockey, (h) Plymouth, 4:00
Golf @ Laconia, 3:30, **dismissal 12:45**

Friday, September 9:

HS Boys Soccer @ Plymouth, 4:00, **dismissal 1:30**
HS Girls Soccer @ St. Thomas, 4:00, **dismissal 2:00**

Saturday, September 10:

Football and Cheer (h) Gilford-Belmont, 1:30 pm
XCcountry @ Bobcat Invitational (Oyster River), 10:00 am

If you have any questions, please contact Dr. Bob Dawson.





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:



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 make a DONATION!

A Message from SoRock:

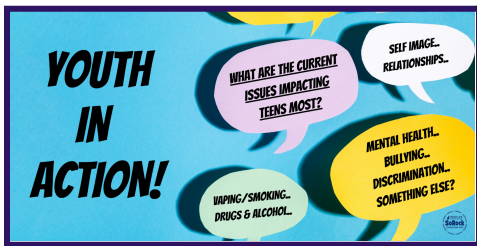


SoRock is a community coalition focused on mental health and substance misuse prevention across the lifespan. We carry out our mission by leveraging resources from the local, state and federal level to coordinate and support education, programming and resources for the towns we serve.

September is National Recovery Month

The 2022 Recovery Month theme, “Recovery is For Everyone: Every Person, Every Family, Every Community,” reminds people in recovery and those who support them that no one is alone in the journey through recovery. Everyone's journey is different, but we are all in this together.

Attention Boosters/PTA/PTO and other parent or community/civic groups: SoRock will come to you! We would love to attend one of your meetings to tell you a little more about us and find out how we can support you in the community! Please send an email to sorocknhcc@gmail.com to set something up.



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!

September is National Suicide Prevention Month

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 locking medication boxes and disposal pouches for the community. We can also provide firearm trigger locks.

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