



SANBORN REGIONAL MIDDLE SCHOOL

Weekly Newsletter

*A newsletter that promotes our core values of
Self Directed, Perseverance, Inspiration, Responsibility,
Independence, and Tolerance*

January 14th

Sanborn Regional Middle School

17 Danville Road, Kingston, New Hampshire 03848

(603) 382-6226

www.sau17.net



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2023-24 SRSD Calendar

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SRMS Athletic Update

SRMS Bus Routes

Grading & Reporting Manual

Student Handbook

Homework Links

6th Grade

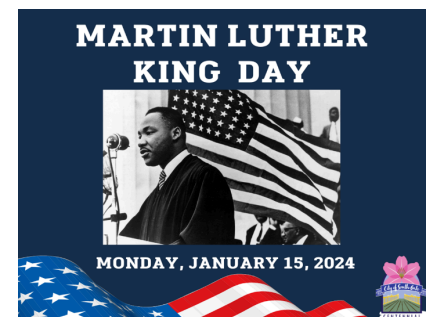
7th Grade

8th Grade

Please note that the homework assignments posted on these links are subject to change and may be updated on a daily basis. If students have any questions about an assignment, they should email or see their teacher.

Dear Students and Families,

We hope that you are all having a nice weekend. With the Martin Luther King Jr. holiday tomorrow, there is **no school**. With the Staff Professional Development day on Tuesday, there is also **no school on January 16th**. We hope that the students enjoy the 4-day weekend.



Discovery U - Discovery U is an after-school STEM focused program for our middle school students. The session will run from **January 18 - February 22 from 2:15 to 4:00** (the late bus is available for transportation). Funding for this program is through our Out of School Time Career Pathway grant (OSTCP). This grant is focused on providing after-school opportunities for students which will help create future learning pathways and industry-recognized credentials. For more information, please see the flyer on page 3 below. To register, please click the link below.

[Click Here To Register
for Discovery U](#)

Attention 8th Grade Students & Families - Sanborn Regional High School is hosting an Incoming Freshman Information Night on January 29th at 6pm. For more information, please see the flyer on page 4 below.

Students Dressed For Cold Weather - SRMS staff would like families to know that even though it is winter, students still go outside at times for recess or class activities, including physical education classes. That being said, please encourage your student to wear/bring winter clothing (jacket, hat, gloves/mittens) to school. If your child is in need of winter clothing, please contact the SRMS main office and we will take care of them.

Winter Sports Update - The winter sports season is in full swing. To view sports schedules, please click the link below.



[Click Here for SRMS Winter
Sports Schedules](#)

Have a great week!

Matthew Malila

Jay Trafton

SRMS Principal

SRMS Assistant Principal



ROBOTICS



BUILDING



BAKING

AFTER SCHOOL PROGRAM

JANUARY 18-FEBRUARY 22, 2024

2:15-4:00

(LATE BUS IS AVAILABLE)

LEARNING OPPORTUNITIES

- ROBOTICS
- WOODWORKING
- BABYSITTING
CERTIFICATION
- BAKING

REGISTER NOW!



DISCOVERY
CAREER-CONNECTED
LEARNING



Incoming Freshman Information Night

Welcoming the
Sanborn Regional
High School
Class of 2028!



Join us!

**MONDAY
JANUARY
29TH**

6:00PM - 7:00PM

INCOMING FRESHMEN WILL :

- Learn about high school course offerings & graduation requirements
- Find out about extracurricular & sport opportunities
- Receive a tour of the school
- Ask questions to get ready for your high school experience!

A Message From School Counseling

Red Flags and Choosing Friends For Teens

We can't and shouldn't choose our kids' friends, but we can help by teaching them how to recognize the attributes and actions of a good friend. Showing children what makes a good friend, and how to be a good friend to others can help steer them toward healthy friend groups. Friendship lessons on communication, loyalty, support, and handling disagreements without hurt feelings are huge aids early on that make connecting with positive peers and recognizing behaviors and persons to avoid.

Use the ideas below to start conversations with your teens. Some might seem obvious, but putting to words some of the dynamics might help them work out on their own ideas of who they seek to share time with:

Red flags in friendship

- **Fake buddies:** They frequently show up when they are in need, but disappear when you are in need.
- **Unreliable:** They frequently break their commitments to you. They could agree to meet up and hang with you and then back out at the last minute, leaving you stuck.
- **Betrayal:** They could divulge your personal information to third parties, criticize you behind your back, or even start rumors about you.
- **Disrespect:** They could brush you off, minimize, mock, or humiliate you in front of others.
- **Jealousy:** They can perceive your achievements and triumphs as a threat. They could try to minimize your accomplishments or compete with you instead of recognizing them.
- **Conditional:** Their relationship is frequently conditional on what they can earn from you, be it social standing, material things, financial gain, or other advantages. As soon as they succeed, their interest wanes.
- **One-sidedness:** All your talks with them focus on them, their lives, and their thoughts. They might not seem very interested in what's happening to you.
- **Manipulation:** They may manipulate you or subject you to emotional blackmail to acquire what they want from you.
- **Ignore boundaries:** Frequently transgress or violate your boundaries, whether they pertain to your personal space, privacy, or emotional thresholds.

Letting your teens choose their friends doesn't mean that you can't keep the conversation going about what a healthy friendship should look like and ask the kids to evaluate their relationships from time to time.

End 68 Hours of Hunger

Dear Parents and Guardians,

The Sanborn Regional School District partners with *End 68 Hours of Hunger*, a local nonprofit food program whose mission is to help families in need feed their children over the weekend. This program helps provide students with extra meals from Friday evening through Sunday evening, helping them be better prepared to come to school on Monday morning nourished and ready to learn. All food is non-perishable and easy to prepare. We collect food items for *End 68 Hours of Hunger* at all schools to support our local families. *Please note that this is a non-profit organization and not a District sponsored program.*

If you feel this is a program from which your child could benefit, please fill out the permission slip below, and return to your child's school counselor! Your child will receive a bag of food on Friday afternoons.

If you have any questions, please contact any of our counseling staff.

Bakie counselors:

Angelica Gardella agardella@sau17.net and Sue Petela spetela@sau17.net

Memorial counselors:

Rachel Nippert: rnippert@sau17.net and Amy Collins acollins@sau17.net

Middle School counselors:

Kara Byrne: kbyrne@sau17.net and Tiffany Fabiano: tfabiano@sau17.net

High School Director of Counseling:

Heidi Leavitt: hleavitt@sau17.net

District Social Worker:

Kara Prah: kprahl@sau17.net

Permission to Participate in Weekend Food Program:

I give permission for my child _____ to participate in the End 68 Hours of Hunger Food Program. I understand that my child will receive a bag of food each Friday afternoon.

Parent Signature

Date

Check One: Send home with student Parent pick up



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.

Follow [@sorocknh](#) on FB to stay informed. If you have questions in the meantime visit [sorocknh.org](#), [drugfreeh.org](#) or reach out to me at sorocknhcc@gmail.com We want to hear from you, how can we help?

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!](#)

*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.

[Learn more about Suicide Risk factors, protective factors, and warning signs](#)

Need Help Now? Dial **988** or call [New Hampshire Rapid Response Access Point](#) Call/Text 833-710-6477 or [Chat Now](#)

Are you a Parent in Recovery? [Children Learn a Lot from Your Recovery!](#)

Need Help with Your Recovery? [Click Here for NH Recovery Support Resources](#)

Are you impacted by the substance use of a loved one? [Find support here](#) and [here](#)

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

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

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



Daniel J. Bakie Elementary School

APPLICATIONS ARE NOW BEING ACCEPTED FOR SANBORN REGIONAL INTEGRATED PRESCHOOL PROGRAM 2024-2025

The Sanborn Regional *Integrated* Preschool Program is accepting applications for the 2024-2025 school year for the three and four-year-old preschool programs. Both preschool programs are located at the D.J.Bakie Elementary School in Kingston, NH. All students must be residents of either Kingston or Newton, N.H. to attend.

The three-year-old program is held Mondays through Thursdays from 8:30-11:00 AM. Eligible children must be three years old by September 30, 2024.

The four-year-old program is held Mondays through Thursdays from 12:00-3:00 PM. Eligible children must be four years old by September 30, 2024. Please note that there are limited openings in the four-year-old program.

Tuition for the three-year program is \$165 per month and the four-year-old program is \$200 per month. A tuition agreement form must be completed and returned to participate in the program. Enrollment is limited, and the deadline for applying is **Wednesday, February 28, 2024**.

All applicants must participate in a developmental screening process. Please note that this is not a Child Find. You may call to schedule a Child Check Appointment if you are questioning a possible educational issue. For more information please email Linda Tarushka at ltarushka@sau17.net. You may also call the school at 603-642-5272.

To register your child for the lottery, please go to our school website at sau17.org/3/home and click on the Preschool Lottery link.

Sanborn Baseball and Softball Association

Registration is Open All levels

Baseball:

T-Ball Ages 4-6 years old
Rookies ages 6 and 7
Minors ages 8 and 9
Majors ages 10 till 12
Babe Ruth Ages 13-18

Softball U8

Softball U10
Softball U12
Softball U14
Softball U16

Visit sanbornbsa.org to signup and register

Questions or need help?
Email us at:
sanbornbsa@gmail.com

This program is not associated with Sanborn Regional School District