



SANBORN REGIONAL MIDDLE SCHOOL

# Weekly Newsletter

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

**November 19th & 26th**

## Sanborn Regional Middle School

17 Danville Road, Kingston, New Hampshire 03848

(603) 382-6226

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



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2023-24 SRSD Calendar

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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,

With the Thanksgiving holiday, we have a short 2 day week of school (no school Wednesday, November 22nd - Friday, November 24th. Please note that this newsletter covers this week and the week of November 27th, so it will be re-sent on the 26th.



***Drama Club Production*** - The Sanborn Middle School Drama Club will present its production of Charles Dickens, “**A Christmas Carol**” in the SRMS/HS auditorium on December 1st at 7:00 pm and December 2nd at 2:00 pm.

Over 40 middle and high school students and staff will perform the familiar tale of the miserly Ebenezer Scrooge and how three ghosts in one night will change his life.

We invite the community to join us in a meaningful way to begin the holiday season. Admission is \$5.00.

Have a great week and nice holiday!

Matthew Malila      Jay Trafton

SRMS Principal      SRMS Assistant Principal



## **A Message From School Counseling**

### *NEW HAMPSHIRE TEENS CAN GET FREE HELP QUITTING TOBACCO: MY LIFE, MY QUIT*

New Hampshire has a tobacco and e-cigarettes/ vapes quit line just for teens!

A [study](#) released recently from the U.S. Food and Drug Administration and the U.S. Centers for Disease Control and Prevention (CDC) found that 2.55 million U.S. middle and high school students reported current (past 30-day) e-cigarette use in 2022, which includes 14.1% of high school students and 3.3% of middle school students. Nearly 85% of those youth used flavored e-cigarettes, and more than half used disposable e-cigarettes.

New Hampshire students now have a free and accessible option to help them reduce or stop their nicotine intake. [My Life, My Quit](#) offers teens access to specially trained Quit Coaches that will help them build a quit plan, identify triggers, practice refusal skills, and obtain ongoing support for changing behaviors in order to be free from nicotine.

Teens can enroll for free, confidential help by going to [MyLifeMyQuit.com](http://MyLifeMyQuit.com), texting “Start My Quit” to 36072 or by calling 1-855-891-9989.

New Hampshire residents who want to quit tobacco including electronic cigarettes, vapes, and/or liquid nicotine through programs like [QuitNow-NH](#) and [My Life, My Quit](#) can use these links to start their journey, and get the support they need!

## **The Giving Tree - Holiday Gift Assistance Program**

As the holiday season approaches, we recognize that some families may need a little extra support to ensure their children experience the magic of the season. With this in mind, our district is offering a Holiday Gift Assistance Program: The Giving Tree

If your family could benefit from this program, please fill out the form provided below. (Please note that a separate form must be completed for EACH child). Once completed, our dedicated team will ensure that festive gifts are prepared and ready for pickup. Gifts are purchased by the faculty, staff and community members.

[Click Here For the Sanborn Giving Tree Sign Up Form](#)

For many, the holidays are a time for unity, sharing, and spreading happiness. We recognize for some, holidays can be challenging. We're here to support and uplift our community, making sure every child has a gift to unwrap and a smile on their face.

Warmest holiday wishes,

Sanborn School District

# 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](mailto:agardella@sau17.net) and Sue Petela [spetela@sau17.net](mailto:spetela@sau17.net)

Memorial counselors:

Rachel Nippert: [rnippert@sau17.net](mailto:rnippert@sau17.net) and Amy Collins [acollins@sau17.net](mailto:acollins@sau17.net)

Middle School counselors:

Kara Byrne: [kbyrne@sau17.net](mailto:kbyrne@sau17.net) and Tiffany Fabiano: [tfabiano@sau17.net](mailto:tfabiano@sau17.net)

High School Director of Counseling:

Heidi Leavitt: [hleavitt@sau17.net](mailto:hleavitt@sau17.net)

District Social Worker:

Kara Prah: [kprahl@sau17.net](mailto: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.

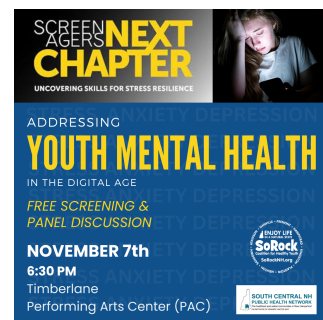
### November is Gratitude Month!

Research has shown that consciously practicing gratitude can reduce feelings of stress and anxiety. Practicing gratitude is also a great protective factor. This protection can help in a variety of circumstances, including mental health challenges like depression and anxiety, or substance use challenges. [Learn more!](#)

**Check out our upcoming free Community Screening and Panel Discussion open to the public!**

**Registration is requested. Click on the poster to learn more about the films and watch the trailers.**

Follow [@sorocknh](#) on FB to stay informed. If you have questions in the meantime visit [sorocknh.org](#), [drugfreenh.org](#) or reach out to me at [sorocknhcc@gmail.com](mailto: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](mailto: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](mailto:sorocknhcc@gmail.com) or call 603-642-3341 x 1235

# UGLY SWEATER CONTEST



AT THE KINGSTON TREE LIGHTING CELEBRATION  
**SATURDAY NOVEMBER 25TH @ 5PM**

ALL PARTICIPANTS WEARING AN UGLY SWEATER WILL RECEIVE  
\$5 OFF MEAL AT THE DRAFTHOUSE FOLLOWING THE EVENT!

WEAR YOUR MOST FESTIVE SWEATER FOR THIS FUN ANNUAL CONTEST!

THE WINNER RECEIVES A TROPHY...

& BRAGGING RIGHTS!



# **NEWTON TREE LIGHTING**

**December 3 at 5:00 p.m.**

**Historical Society Building  
22 South Main Street**

**Hot chocolate, snacks, candy canes**

**Glow sticks, temporary holiday tattoos, personalize ornaments to  
decorate the tree**

**Bring donations for the Newton Food Pantry (non-perishable items) and Toys for  
Tots (unwrapped toys)**

**Newton Recreation Commission**





JOIN KINGSTON RECREATION

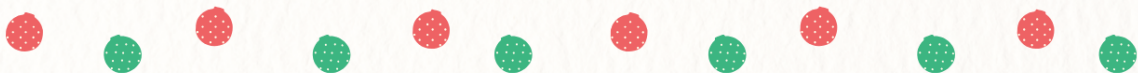
# A CHRISTMAS CAROL



AT THE  
PALACE THEATER

SUNDAY, DECEMBER 10TH 2PM

DEPARTING KINGSTON TOWN HALL AT 12:30  
RETURNING AT 5:30PM



EVENT OPEN TO ALL!

**\$33 PER TICKET**

**MUST PRE-PAY AT TOWN HALL**

MUST REGISTER WITH PAUL BUTLER  
KINGSTON.RECREATION24@GMAIL.COM  
OR (603) 418-5306



# Food Drive for Children

benefiting End 68 Hours of Hunger

**November 1st-30th**  
**Kingston Branch**

We don't want the children, the future, of our community to go hungry. That is why our employees are collecting food to donate to End 68 Hours of Hunger, a non-profit organization combating child hunger. Drop off nourishing food for children at the Partners Bank location below, and show our children we care.

 **Partners Bank**  
**53 Church St, Kingston, NH**

## Suggested Items

- Canned Food** ✓
- Breakfast** ✓
- Soups** ✓
- Pasta & Sauce** ✓
- Snack Food** ✓

**We Accept Unexpired Foods Only**

NOT A SCHOOL SPONSORED EVENT



# SANBORN MIDDLE SCHOOL BOOSTERS FUNDRAISER

This is not a SRMS  
sponsored event.



**THURSDAY JANUARY 11 2024 10AM-10PM**

On Thur Jan 11th from 10am-10pm candlepin or ten pin bowl and/or play the arcade games at Gametime Amesbury MA and 25% of participating sales will be donated to the Sanborn Middle School Boosters!

Please let Gametime know you are a fundraiser participant upon arrival

Gametime Lanes & Entertainment 84 Haverhill Rd Amesbury MA [gametimelanes.com](http://gametimelanes.com)

Families do not need to bring a flyer to the bowling alley, but mention it when they are there.



# ***SANBORN COMMUNITY BASKETBALL REGISTRATION***

**REGISTER NOW @ [WWW.SANBORNCOMMUNITYBASKETBALL.ORG](http://WWW.SANBORNCOMMUNITYBASKETBALL.ORG)**

## ***CO-ED SKILLS PROGRAM***

**Grades K-2**

Saturday mornings starting in December  
Skill sessions and 3 v 3 scrimmages

### **Registration Fees**

\$60 Registration fee (includes reversible jersey)

\$30 Registration fee (no jersey/reuse last year)



***Please email questions to: [SanbornCommunityBasketball@gmail.com](mailto:SanbornCommunityBasketball@gmail.com)  
Follow us on facebook for more information. This is not a SRSD sponsored event.***