



SANBORN REGIONAL MIDDLE SCHOOL

Weekly Newsletter

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

March 10th

Sanborn Regional Middle School

17 Danville Road, Kingston, New Hampshire 03848

(603) 382-6226

www.sau17.net



Visit Our Website

2023-24 SRSD Calendar

Past Newsletters

SRMS Facebook

Join the SRMS Boosters

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,

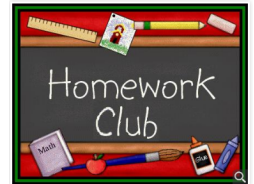
We hope that you all had a nice weekend. Tomorrow marks the start of the 3rd trimester. Please note that **2nd trimester report cards** will be emailed to families by the end of the week.

No School on Tuesday - Due to a staff professional development day, there is no school on Tuesday, March 12th. **Town elections** are also on this date. Please be sure to come out to vote! [Click here](#) to view Warrant Article 4: Teacher Contract, or see page 4 below.

March Booster Meeting - The next middle school Booster meeting is Tuesday, March 12th at 6:30 in the library. All families and staff are welcome to attend.

Sports Awards - SRMS Winter Sports Awards will be Wednesday, March 13th in the auditorium at 5:00.

Homework Club - SRMS is now offering an after school Homework Club, which takes place on Thursdays from 2:15 to 3:45pm. A late bus is available, which picks up middle and high school students by the gymnasium doors. The bus leaves at approximately 4:15 pm. This club is voluntary and highly recommended for students who need a quiet, structured, and safe environment to complete their assignments. Students will receive help and/or instruction as needed. Students should see Mrs. Scott for a permission slip or [click here](#). Any questions or concerns can be directed to Mrs. Scott at rscott@sau17.net.



NHSAS Assessments - Per State law, all NH schools are required to assess students using the NH Statewide Assessment System (NHSAS) in the following areas: Mathematics, Reading, Science (8th gr. only) and Writing. Here is the schedule for these assessments: **Writing - March 13th**; Science (8th gr. only) - April 10th; Reading - May 8th; and Mathematics - May 15th. Each assessment takes approximately 2 hours and will be given first thing in the morning. Students who are absent on the day of an assessment will make it up on a later date. **Please note, during these assessments, students will not be allowed to have any electronics including cell phones and smart watches.** If a parent or guardian must send their child a message during testing, they need to contact the main office and the message will be delivered to the student.

For more information about the assessments, including: purpose, results, practice tests, and more, please [click here](#). Families interested in a test exemption, should contact their students' school counselor or an administrator.

Parents/Staff versus Students Basketball Game - On Friday, March 29th at 6 pm in the SRHS/MS gym, the SRMS Boosters are hosting the annual parent/staff versus students basketball game. Any parent/guardian or staff member interested in playing the game can sign up at the link below. If you are not interested in playing in the game, please come out to cheer on the teams, support our Boosters through purchasing concessions and raffle tickets, or consider helping our Boosters by volunteering before, during or after the game. For more information about the game, please see the flyer on page 5 below.



[Click Here for Parent/Guardian Sign Up for the Parents/Staff vs. Students Basketball Game](#)

Yearbook Orders - To order a 2023-24 SRMS Yearbook, please [click here](#).



Have a great week!

Matthew Malila Jay Trafton

SRMS Principal SRMS Assistant Principal



SANBORN REGIONAL SCHOOL DISTRICT

ESSENTIAL NEWS Vol. 22 Issue # 12
to Inform, Engage & Unite the District

Please come to the Annual District Meeting, Second Session
Tuesday, March 12, 2024
Swasey Gymnasium (Kingston Residents)
8D Merrimac Road /Fire Rescue Station (Newton Residents)
8AM-8PM

District Warrant 2024

VOTE YES ON WARRANT ARTICLE 4: TEACHER CONTRACT

Dear Community,

The School Board and I want to make sure you have the following information before voting on Warrant Article 4: Professional Staff Collective Bargaining Agreement (also known as the Teachers Contract). There are many reasons that the School Board and I support this 3-year contract, and here are the most important:

1. No Net Tax Increase Estimated

The agreement will be paid for at the same time that the approximately \$2M bond for the high school will be paid off. If you vote yes for Article 4, the estimated tax impact on the warrant will be offset by the bond coming off. That means we can support and improve the schools with minimal additional taxation.

2. Attract and retain quality teachers

We recently lost approximately 8 teacher candidates to neighboring school districts due to salary. This agreement is an aggressive jump towards more competitive teacher pay, especially for new teachers. If Warrant Article 4 passes, we will have more competitive salaries to offer new employees and better wages to keep our greatest resource: teachers.

3. Promote better real estate values (and lower taxes)

The quality of our schools affects our real estate values: higher real estate values attract more families, and more families means more tax relief. It all starts with attracting and retaining quality teachers.

The Sanborn School Board voted unanimously, and the Sanborn Budget Committee voted 7-0-1 to approve Warrant Article 4 and the Teachers Contract. We hope you will join us in supporting the teachers and students as well. There was more information shared at the Deliberative Session about the collective bargaining agreements and the video can be viewed on our website at www.sau17.org under School Board /School Board Videos/SRSD Deliberative Session 2-7-24 at minute 26 into the meeting.

Please come out and support the School District this year!

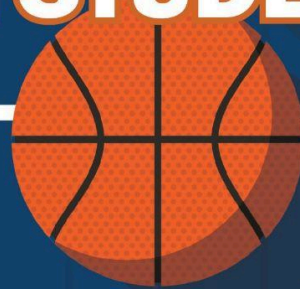
Dr. Thomas J. Ambrose
Superintendent

2024

DON'T MISS
THIS
ANNUAL
GAME!



**PARENTS/FACULTY
VS. STUDENTS**



**ANNUAL BASKETBALL
GAME**

Concessions
SRMS Band
DJ
and
more!

**FRIDAY
MARCH
29 2024**

DOORS OPEN AT 6:00 PM
GAME STARTS AT 6:30 PM
TICKETS \$3/STUDENT \$5/ADULT

SANBORN REGIONAL MIDDLE SCHOOL
17 DANVILLE ROAD, KINGSTON

HOSTED BY THE SANBORN REGIONAL MIDDLE SCHOOL BOOSTERS

SRMS BOOSTERS PANSIES FUNDRAISER



Please support the SRMS Boosters by purchasing locally grown pansies to raise money to support the school's scholarships and other fun activities. A big thank you to Newton Greenhouse for helping the Boosters support our Middle School!

Order form and payment is due April 5th (Please make checks payable to SRMS Boosters)
All pansies are 4.5" and will be \$10.00 each

Name	Purple	Yellow	White	Amount Due
				\$
				\$
				\$
				\$
				\$
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				\$
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				\$
				\$
				\$
				\$
Totals				\$

Pickup is planned for the week of April 8th - 12th. Final date will be announced as we get closer.
Please send questions to Bossmom1511@gmail.com

A Message From School Counseling

It's Important to Talk About Depression and Suicide

This week the counseling team met with the sixth and seventh grade classes to learn the signs of depression and what they can do to help support their peers. Kids need to know the warning signs of depression and suicide and how to get help if needed.

As parents or guardians, you know the importance of kids taking care of their mental health just as they would their physical health. Helping them to understand that they are able to help their peers by being aware of warning signs, and speaking with a trusted adult is a real super-power!

Here are some questions that [The On Our Sleeves Movement For Children's Mental Health](#) suggest parents to use to open up a conversation about mental wellbeing:

- Do you ever get sad or lonely? What do you do to make yourself feel better?
- Do you or your friends ever talk about hurting yourselves or not wanting to live anymore?
- How would you handle it if you knew someone who was talking about hurting themselves?

Here are some of the warning signs that your student has been asked to watch for in their peers:

- Feeling down or hopeless
- Use of alcohol or drugs
- Major changes in sleep, eating, or activity level
- Stopping normal activities
- Withdrawing from friends or family
- Making comments about “wishing to be dead” or being a “burden” to others
- Preoccupation with suicide or dying in writing, drawing, or online activity

By talking about depression, you let your child know you are there for support and are open to discussing any topic, no matter how uncomfortable it is.

If your child is having suicidal thoughts, take him or her to your local emergency room immediately or call the National Suicide Prevention Lifeline at 988 or text the Crisis Text Line by texting “START” to 741-741 to receive support anytime. Do not leave your child alone until you see a mental health professional. Let them know you will get through this together.

Assistance and Supports in our Community for Families

The winter season is slowly lurching to its close, and with this in mind, here are some local and state resources that may help Spring come sooner!

[Child Care Resources for Families](#)

Search for child care and get free referrals tailored to fit your family's needs. Find information about different types of childcare.

[Judicial Branch Offers Free Eviction Mediation Programs Statewide](#)

To help residential landlords and tenants resolve their differences before eviction cases are filed in court, the New Hampshire Judicial Branch is launching a new, no-cost mediation program.

[Weatherization Assistance](#)

Whether you own or rent, our federally funded Weatherization Program is designed to address health and safety issues inside your home. The energy efficiency of the home may increase resulting in reduced energy costs.

[Homelessness Prevention Services](#)

Provides services that may include short-term assistance to prevent eviction, help in securing new housing for those who are suddenly homeless, and information & referrals for individuals and families in need of emergency shelter.

[Low-Income Home Energy Assistance Program \(LIHEAP\)](#)

New Hampshire residents who are elderly, disabled and low-income are provided financial assistance needed to pay for vital heating and utility expenses through the colder months.

[Rockingham County Food Pantries](#)

All food pantries have some food and items which will require income guidelines to be met, however private donations will have no eligibility requirements for distribution.

[NH Food Bank](#)

Listings for local food pantries and soup kitchens throughout New Hampshire. Unlike certain public assistance programs, the staff at the pantries and soup kitchens will not ask to see your income or prove you need assistance.

As always, we are a community. Not just for the kids, but for all our Sanborn people! Please reach out to your student's counselor for any information or assistance that you or your family might need.

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.



Visit our [website to learn about commonly misused substances](#)

[Understanding “Fake Pills”](#) and the [potentially fatal danger of experimentation by teens.](#)

[DEA Drug Fact Sheets](#) [The Partnership at Drug Free NH](#)

Families can and DO recover together. [Start your Recovery Journey today with these NH Resources.](#)

[March is also Self Harm Awareness Month. To get help or learn more visit the crisis text line](#)

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 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 2022-2023. [Take the 2023-2024 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

Kingst n Maple

Charity Fundraiser

For all maple syrup sold,
100% of proceeds will go
to the benefit of a charity.

For New Hampshire Sugar Makers
Weekend, March 16+17, the
following charities will be featured
at these times:

Saturday - March 16th

- 9-11** Sanborn Submarines
- 11-1** Kingston Library
- 1-3** Kingston Lions Club

Sunday - March 17th

- 9-11** Church on the Plains
- 11-1** Kingston Congregational Church
- 1-3** Sanborn Music Boosters



All sales by cash or check only.

Not Sponsored by Sanborn Regional School District

Kingston Maple @ Alternative Sales
135 Route 125, Kingston NH 03848

NEWS RELEASE

SANBORN REGIONAL SCHOOL DISTRICT

Date: February 2024

Daniel J. Bakie School
KINDERGARTEN REGISTRATION
for Newton and Kingston, NH

If your child will be five years old by September 30, 2024, and you are a ***resident of Kingston or Newton, NH***, you should consider registering your child for full-day kindergarten for the 2024-2025 school year. Please visit our school website at <http://www.sau17.org/3/home> and click **the 2024-2025 registration link**. Registration is done completely online. Documentation required to complete the registration process includes a current physical & immunization record and proof of residency documents. The Sanborn Regional School District has defined the following acceptable residency documents: a copy of a **current** utility bill (electric, cable, gas, oil) showing your name and address (no P.O. Boxes), **along with** either a signed lease, a notarized letter from Builder or Realtor, property tax bill, settlement document on a new home or a property deed. Registering early helps us plan appropriately. We ask that registrations be completed ***no later than Wednesday, May 1st***.

New Hampshire State Law requires all children to have had immunizations for DPT, Polio, Mumps, Measles, German Measles, Chicken Pox, and Hepatitis B before school entry. They also require each child to have a complete medical examination within one year before entry into kindergarten.

Incoming parent orientation is scheduled on **Wednesday, April 10th from 3:20-4:20 p.m.** at the D.J. Bakie School (see below for specifics). This event is designed for parents/guardians and their students! This event is focused on visiting kindergarten classrooms, meeting the teachers, and seeing their classrooms. There will be an opportunity to meet our unified arts team and see other specific programs at a later date. The schedule is as follows:

Time:

3:20-3:50 If your Last Name begins with A-M

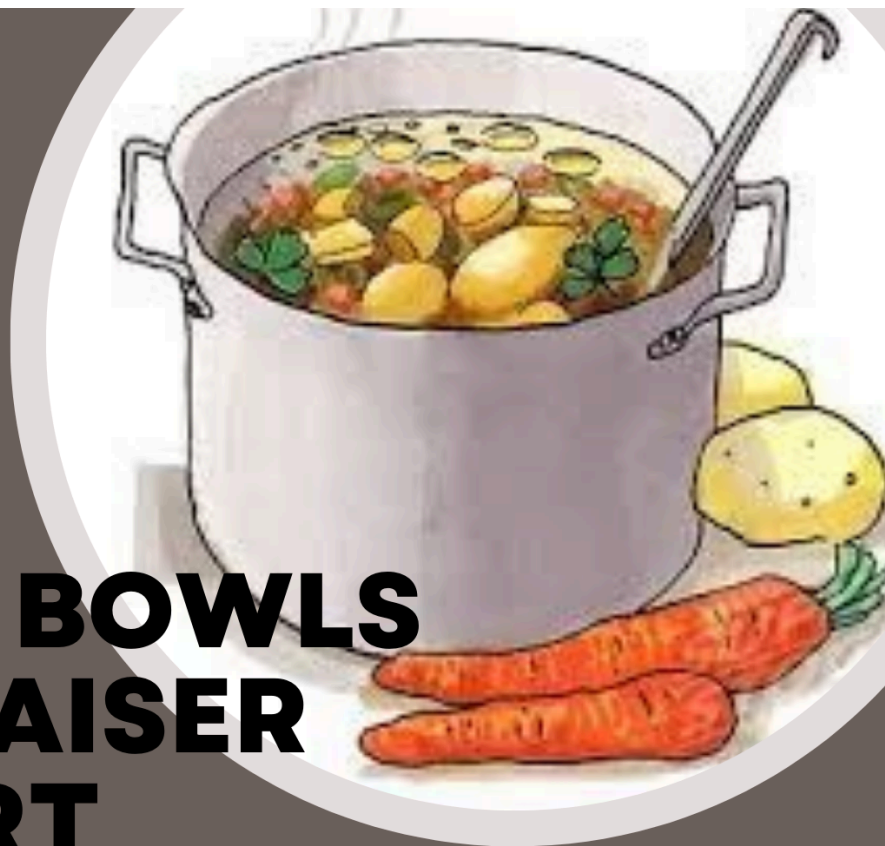
(If you have older students or PreK students, please park at Swasey after pick-up and walk over. Please do NOT park in the lot here)

3:50-4:20 If your Last Name begins with N-Z

We are excited to have you share the opportunity to visit classrooms and speak with our staff!

All incoming kindergarten students are required to participate in a screening process. ***You must register your child so that they may participate in the screening.*** Screening dates will be announced at a later time.

Please contact Kim Rousseau, Enrollment Coordinator, by telephone at (603) 642-5272, x101, or email krousseau@sau17.net for any questions.



EMPTY BOWLS FUNDRAISER AND ART SHOW

THURSDAY MARCH 14TH AT 5PM

- All proceeds go towards ending 68 Hours of Hunger and NH food pantries.
- Step 1- Buy a ticket
- Step 2- pick a handmade bowl
- step 3- fill with soup made by nutrition students.
- Step 4- Enjoy the Art Show!

**MORE INFORMATION
AND TICKET SALES**



Technology Fun Night - CLX

Friday, March 15, 2024

6:00 PM – 8:00PM

Place: Seacoast School of Technology
Who: Grade 5 – 9 students

Cost: Voluntary donation of 3 cans of food to the local food bank per person. If you would like to bring more cans, all donations will gladly be accepted.

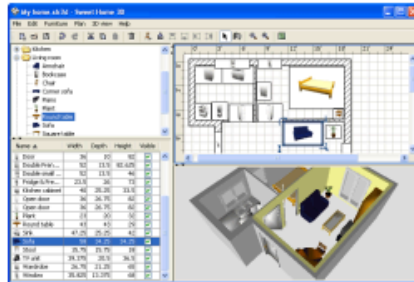
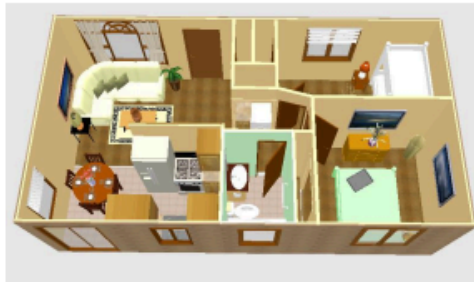
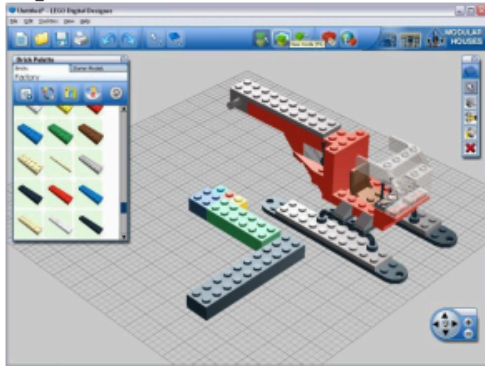
Why: This school year, the Seacoast School of Technology is offering a series of events for students to show just how much fun learning about technology can be.

How to sign up:

Register online @ <https://sst.sau16.org/en-US/technology-fun-nights-f4734f0b>.

Registration opens 8 AM on Tuesday, February 20, 2024. Registration deadline is March 14, 2024. Limited to 25 students on a first come first served basis.

This month we will be learning about design. This is your chance to use your imagination to create interesting designs using Sweet Home 3D, Lego Digital Designer, Lego Studio, and LeoCAD.



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

Come join in the fun!!!!

Adventurelore Summer Camp

MEET OUR STAFF



The ADVENTURELORE staff is most responsible for the success of our program. All staff members possess the high degree of sensitivity, understanding and energy necessary to answer the individual needs of each of our adventurers. Our staff members have considerable experience working with the youth in various environments. Both junior and senior staff members are carefully selected and well trained to provide the highest quality programs. ADVENTURELORE averages a

1:3 Counselor: Adventurer Ratio

Learn more about our awesome staff at ADVENTURELORE.ORG

Like us, follow us. We love to share our photos and adventures!



CONTACT US

Phone: 603-382-4661

Email: Office@adventurelore.org

Adventurelore's Summer Camp is a historically safe high-adventure coed outdoor living experience designed to offer challenging and successful experiences for children and adolescents. Under professional supervision and guidance, adventurers will gain self-esteem and personal confidence through adventurous, exciting and FUN filled activities, while acquiring outdoor living skills. These skills have been proven to be physically and mentally beneficial to individuals of all ages. We strive to help youth unfold positive attitudes about themselves and their peers in outdoor surroundings through exposure to both individual and group challenges.

Ryan's Message

Summer camp is one of the most amazing experiences you can provide your child. At Adventurelore we believe that camp is more than just having fun. It's about having fun while making new friends, great memories and learning valuable life skills. When our campers return home we want them to have had the best adventure of their lives while also a feeling like they learned life lessons and skills they can use as they grow into teenagers and young adults.

Ryan Holder



Summer Camp Programs 2024



5 DAY | AGES 8-12 | NH CAMP
JUNIOR 1 | July 8-12 | \$1,395
JUNIOR 2 | July 23-27 | \$1,395



6 DAY | AGES 10-13 | ME CAMP
JUNIOR 3 | July 29-August 3 | \$1,495

Adventurelore is offering 5 and 6 day programs for juniors designed to be a life enriching taste of our Woodstock, NH and Franklin, ME base camp activities. Adventurers will enjoy the experiences of camping, swimming, rock climbing, rappelling, canoeing, and white water kayaking on Junior 1 and 2 (5-day programs) at our Woodstock, NH campsite. On our Junior 3 trip (6-day program) at our Franklin, ME campsite, campers will enjoy all of this in addition to white water rafting! Other energized camp activities take place in what kids have come to call "Thunder Dome" and "The Barn." The weeks activities are designed to be fun and exciting while enhancing self-esteem and developing self confidence in a safe and caring social environment.

GROSS COUNTRY CHALLENGE (boys)

5 DAY | AGES 13-17
June 26 - July 3 | \$1,945

Adventurers will mountain bike along the best of the back trails of Maine from the Canadian border to Bar Harbor. This trip also includes whitewater kayaking and canoeing, swimming, rock climbing and orienteering adventures. The focus of this eventful and exciting adventure is directed toward participants recognizing their capabilities as an individual and positively contributing their personal attributes to the group while enjoying a healthy environment. Ride your mountain bike, borrow one of our Giant brand mountain bikes, or for an additional \$295 you can purchase a brand-new shop quality mountain bike at a 60% discount. We highly recommend this option.

LAND AND SEA ADVENTURE (co-ed)

8 DAY | AGES 13-17
JULY 9-16 | \$1,995



The Eight-Day Land & Sea trip is coed and offers adventurers four days of sailing, kayaking and canoeing, swimming, tubing and island exploring along the beautiful coastline of Mt. Desert Island and Frenchman Bay. The ensuing four days' activities will include rock climbing, rappelling and whitewater rafting. This trip focuses on boating skills and positive social interaction in a variety of FUN and challenging environments.

ACADIA ADVENTURE (girls)

6 DAY | AGES 13-17
JULY 21-26 | \$1,495



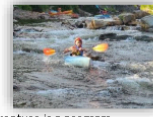
The Acadia Adventure is based in Franklin, ME near Acadia National Park. Activities will include swimming, kayaking, canoeing, hiking, rock climbing, rappelling in the beautiful Acadia National Park, sailing in Bar Harbor, and whitewater rafting on the Kennebec River! This program emphasizes on the benefits of being active, having FUN, social connection, healthy living and perseverance through individual and group challenges.

For all programs, activities are subject to change subject to weather or program formatting



WHITE MOUNTAIN ADVENTURE (boys)

8 DAY | AGES 13-17
July 29-August 5 | \$1,895



The 8-Day White Mountain Adventure is a program highlighted with mountain biking, whitewater kayaking, hiking the Appalachian Trail, swimming, camping and rock climbing in the White Mountains. Our main camp is located on the Pemigewasset River. This program promises to be FUN and EXCITING with the ability to meet the individual challenge needs of each adventurer. Through these challenges, adventurers will increase their self-confidence, spontaneity, teamwork and a sense of humor in new and thrilling environments.

WHITE MOUNTAIN ADVENTURE (girls)

6 DAY | AGES 13-17
June 27 - July 2 | \$1,495



The 6-Day White Mountain GIRLS Adventure is a program highlighted with whitewater kayaking, hiking the Appalachian Trail, swimming, camping and rock climbing in the White Mountains. Our main camp is located on the Pemigewasset River. Every day there are opportunities to swim and explore the river. This program promises to be FUN and EXCITING with the ability to meet the individual challenge needs of every adventurer. Through these challenges, adventurers will increase their self-confidence, spontaneity, teamwork and have FUN in a new and thrilling environment.

CONTACT US

Phone: 603-382-4661

Email: Office@adventurelore.org

Not a school sponsored event



SANBORN YOUTH SOCCER

Registration is now open for the Spring Season

Welcoming families of Kingston, Newton, and surrounding communities!

SYSA has opened the Spring registrations early this year and wants to welcome you all to sign up! This is a co-ed soccer program aged 4 through grade 8. Games are played on Sundays at Chase Field in Kingston.

The season will run from May 4th through June 16th

With practice times to be determined

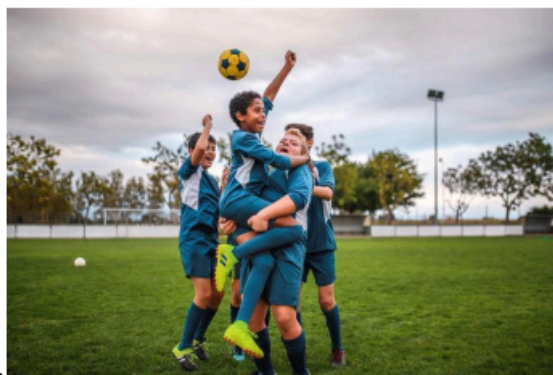
There are two sessions available

Session 1 – for age 4/5 and grades 3-8

Session 2 - for age 4/5 and grades 1-2

To register your child please visit www.sanbornyouthsoccer.org

If you volunteer to coach a team you will have your registration fee waived for one child! Any questions please reach out to sanbornyouthsoccer@gmail.com



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