



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*

October 16th, 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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RECEIVE TEXT UPDATES  
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Just send "Y" or  
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## Greetings Sanborn Students and Families,

It was a busy, exciting week at Sanborn. PSATs took place on Wednesday along with the College and Career Exploration Day for seniors. There were some exciting athletic events and some extracurricular activities. Students have been busy with their coursework as we are now more than halfway through the first quarter. Grades close on Friday, November 4th. Should you have any questions or concerns regarding a course grade, please contact the teacher.

## Important Upcoming Dates:

### Monday, October 17th

Honor Society Inductions

### Thursday, October 20th

Picture Retakes

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  
Athletic Director



**Nichole O'Brien**  
Assistant Principal  
Curriculum



**Heidi Leavitt**  
Counseling Director



**Timothy Westphal**  
Assistant Principal

## Athletic Happenings this Week:

### Monday, Oct. 17

JV Football home v John Stark, 4:00  
JV Field Hockey @ Oyster River, 5:30  
Varsity Soccer home v Campbell, 4:00

### Tuesday, Oct. 18

No games

### Wednesday, Oct. 19

Boys Soccer @ Souhegan, 4:30 JV, 6:00 Varsity  
Field Hockey @ NHIAA Tour. @ Portsmouth, 4:00

### Thursday, Oct. 20

Girls Soccer @ Monadnock, 6:00

### Friday, Oct. 21

Football @ Laconia, 7:00  
Cheer @ Laconia, 7:00  
Boys Soccer @ Hollis-Brookline, 4:00 JV, 6:00 Varsity

### Saturday, Oct. 22

Field Hockey @ NHIAA Tournament (if...), 3:00

If you have any questions please contact Dr. Dawson: [rdawson@sau17.net](mailto:rdawson@sau17.net)

Photos: Thanks to Kevin Pillsbury!



**Olivia Dwyer '23** Captain of Field  
Hockey and Cross Country

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## **Important Information from the Curriculum Office:**

Hello Sanborn Families,

Next week, starting on Monday, October 17th, all students in grades 9-12 will be taking the NWEA MAP Growth test in English and Math. The MAP Growth assessments are typically given three (3) times during the school year: Fall, Winter, and Spring. NWEA MAP tests help measure student achievement and growth. Results will be sent home once your child takes the tests. For more information about MAP Growth, visit [NWEA.org/familytoolkit](https://www.nwea.org/familytoolkit).

These assessments help teachers and faculty plan instruction and programs to best support our students. The school day schedule will remain the same but during Math and English classes next week, NWEA will be administered at least one of the days. The NWEA test is taken on the computer and adapted to each student's level of learning.

To ensure our students are prepared to do their best, please help with the following:

- Students come to school on time with a fully charged chromebook
- Students get a good night's sleep and eat breakfast
- Students understand the importance of NWEA testing for themselves and our school

We thank you for your support in helping our students grow and achieve in school!

Nichole O'Brien, Assistant Principal, Curriculum

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## **Student Council News:**

The Sanborn Regional High School Student Council hosted the New Hampshire Association of Student Council's southern tier fall meeting on Friday, October 14 at Camp Lincoln. Student Councils from Timberlane, Salem, Winnacunnet, Exeter, and Raymond joined Sanborn in participating in team bonding experiences and an update of this year's events at the group meeting. Although it rained, it did not put a damper on the day and everyone had a fantastic time.





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**Important Information from SRHS Yearbook:**

A photograph of wooden blocks arranged to spell out 'CLASSES OF 2023'. The top row consists of seven blocks with the letters C, L, A, S, S, O, and F. The bottom row consists of four blocks with the numbers 2, 0, 2, and 3. The blocks are light-colored wood with dark letters and numbers.

Senior Photos: Formal, Casual and baby  
Deadline:  
**Friday, October 21, 2022**  
Email your photos to: **YEARBOOK**  
srhsyearbook@sau17.net

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  
Celebrate your student's journey with a yearbook ad.  
Create and purchase online by 02/09/2023  
[jostensadservice.com/student](http://jostensadservice.com/student)



**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.**

Recognize your student's milestones and successes with a yearbook ad.  
**Order by 02/09/2023**

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### School Counseling Update:

Seniors who are looking for some help with their college essay who may be doing Senior English online or through NECC can email their essays 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 students individually or in small groups to provide some support.

Is your child taking a **Running Start or SNHU** class (statistics, precalculus, chemistry or chemistry 2)? Make sure to have them watch for the deadlines to apply for the college credit. It is a very inexpensive way to earn college credit. However, there are strict deadlines that must be met and we have no flexibility once the deadline has passed.

**Seniors!** College labs have started! This is an opportunity to meet with a school counselor during FLT to work on your Common App. In order to participate in the Free Application Day on November 14th, you must have all of the sections of your common app completed. Make sure to take advantage of the college labs so you do not miss out on the "I Applied Day" opportunity.

On November 14th, Sanborn and NHHEAF will partner up to host "**I Applied Day**" where students will be able to apply to all NH Colleges and Universities for free! Given that each application can cost anywhere between \$0 and \$100, this event provides a tremendous opportunity for our students.

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

## **SAT boot camps offer free test prep for New Hampshire students**

New Hampshire students are invited to participate in two upcoming SAT prep courses, at no cost, to prepare for the November and December SAT exams.

[Schoolhouse.world](https://www.schoolhouse.world) is excited to announce two, four-week boot camps for students planning to take upcoming SAT tests:

- October 8 – November 4 (for the Nov. 5, 2022 SAT exam)
- November 5 – December 2 (for the Dec. 3, 2022 SAT exam)

Each bootcamp will include eight sessions with 75-minutes each of test prep with a certified, online tutor with Schoolhouse.world. Students will work in a cohort with students of similar abilities for their tutoring sessions, which will focus on mastering skills, building strategies, time management and completing full-length practice exams. Sessions will highlight both reading and math SAT practice test questions.

“This is a great opportunity for New Hampshire youth to take advantage of free SAT prep courses. These small-group SAT tutoring sessions can help students of all abilities find the motivation, knowledge and confidence to reach their goals,” said Frank Edelblut, commissioner of education.

On average, students who complete the bootcamp often improve their test score by about 90 or more points across both sections, according to organizers. NHED was the first state in the nation to partner with Sal Khan and Schoolhouse.world to provide free tutoring to its high school students.

To pre-register for one of the sessions, visit [SATbootcamp](https://www.schoolhouse.world/satbootcamp). This program also serves as a research study around the efficacy of SAT tutoring, meaning students may be asked to complete occasional surveys, short exercises and participate in focus groups about their bootcamp experience; full details will be provided upfront during the sign-up process.

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

#### **Report Card Season, and How to Have a Conversation About Grades**

Parents, you know it's coming! The first report card of the year will be issued in the coming weeks, and as sure as the leaves will fall, many students will be using all their cunning to get out of having a conversation with you about their learning! They may drop their report card on the dinner table as they rush by, or simply *forget* to share it with you! Whatever their plan, it is time for you to prepare the family to have a good conversation about their grades, their goals, and how to move forwards.

1. **Make a time and space for the conversation:** Give the report card the attention it should have. Don't try and approach it during a ride to the dentist, or at the busy dinner table with siblings within earshot. Find a quiet time and place to sit down with to talk about their report card without interruptions. This should be time to have a relaxed discussion that signals that you are interested in their education, and their perspective.

2. Give equal time to the journey and the results: Honoring the amount of effort your student puts into their schoolwork is important, especially when they fall short of expectations or their goals. Focusing on effort over achievement allows them to build and move forward rather than feel like they failed, and that they cannot move beyond the moment. It is important to acknowledge how much they did learn, and motivate them to continue,
3. Tell parents that this approach applies to both children who excel and those who struggle in the classroom. Kids who are overpraised for achievement may actually stop working as hard or feel frustrated when encountering hardship, while students to whom academics don't come naturally can feel like learning is a chore if the feedback is focused on poor grades.
4. Praise improvements made and areas of growth: This is likely a hard conversation to have, and has been built up in their minds! Ask "How do you think you did?" or "What went right this marking period?" This opens a moment where they may talk about their successes and to feel supported. The goal is to have a real conversation! Don't spend too much time comparing past report cards.
5. Set some goals together: It can't simply be "work harder", or "raise those grades"...that doesn't provide much of a roadmap for success, and puts students in a defensive position. Choose together, or with a teacher or counselor, some academic goals or habits. Setting learning or achievement targets that have steps allow students to make choices, feel supported, and are more likely to help than to place blame.

The report card is just one snap-shot of your student's learning. Their overall experiences, habits and personal growth are the really important outcomes. If a student can keep a growth mindset about their academics, and make positive changes along the way, their report card will reflect their efforts.

Zach Parker, Student Assistance Counselor

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

A reminder to parents and students that it is against Sanborn District policy for students to carry any medication on their person or in their bag, unless they have permission of their doctor and the school nurse. Any medication a parent feels the student should have available during the school day should be brought by the parent to the school nurses' office. Asthma inhalers and Epi pens can be carried by the student with a current yearly medication permission form on file with the school nurse.

Beth Brown RN CPNP-PC  
School Nurse  
Sanborn Regional High School  
17 Danville Road  
Kingston, NH 03848  
(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.

### October is Youth Substance Use Prevention Month!

- [Talking to Kids About Alcohol and Other Drugs: 5 Conversation Goals](#)
- [Why You Should Talk With Your Child About Alcohol and Other Drugs](#)
- [Why Small Conversations Make a Big Impression](#)
- [Answering Your Child's Tough Questions](#)
  
- **Red Ribbon Week** is October 23-31st and this year's theme is "Celebrate Life. Live Drug Free" SoRock has partnered with Memorial, SRMS and SRHS to plan lots of fun and educational prevention activities!
  
- **Save the Date!** The Next [National Prescription Drug Take Back Day is October 29, 2022, 10AM to 2PM.](#) The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

**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!](#)

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.

**PTO Un-Fundraiser Information:**

**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 ([sanbrnrhspto](#))!!** Where does the money go you might ask?

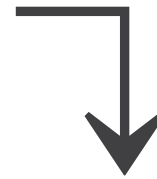
~\$100 starter cash for the in-coming Freshman student activities account	~Teacher's meals for the Open Houses & Teacher Appreciation Week
~Classroom grants, up to \$250 per teacher, to fund innovative programming	~A \$500 scholarship to a Sanborn Senior
~Funds to support class activities	~Senior Success 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 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.



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.

Special Olympics Bowling will be starting soon if anyone is interested in volunteering for this sport.

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](#)



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## Exciting News from The Spot:

Hi Sanborn Students, Staff and Community Members,

The Spot, the place for all sanborn gear, snacks and more, is running a special pre-sale order of our potential new inventory. Be one of the first people to get your brand new SANBORN Gear. All of the items are student designed and are available on our webstore until Tuesday, October 18th. Show your Sanborn Pride!

**[Click here to view our online store.](#)**

**Email [bgray@sau17.net](mailto:bgray@sau17.net) for any questions.**



The graphic is a promotional poster for 'the SPOT'. In the top left corner, there is a circular logo with the text 'the SPOT' in a stylized font, and below it, in smaller text, 'Sanborn Gear, Snacks and More'. The central text reads 'Pre-Order SALE' in large, bold, white letters on a dark blue background. Below this text is a large QR code. At the bottom left, the text 'ORDER NOW!' is written in white on a dark blue background. On the right side of the graphic, there are images of various pieces of Sanborn gear: a dark blue long-sleeve shirt with 'SANBORN' printed across the chest and a large 'S' on the sleeve; a dark blue and white baseball cap with a large 'S'; a dark blue and white zip-up hoodie with a large 'S'; a pair of dark blue pants with a large 'S'; and a grey and dark blue hoodie with 'SANBORN' and a large 'S' printed on the front.

# LEVEL UP . . .

And Take Control of Your Future!



Friday Nov. 4, 2023 – 9 a.m.-12 p.m.  
NHTI Campus

**Explore your career opportunities with these activities:**

- **Explore a college campus** and hear from current college students.
- **Learn about tools** that help uncover your skills and career options.
- **Meet prospective employers** from across NH.
- **Gain knowledge** about NH's labor market and workforce needs.

**Registration required!**

**Students:** RSVP by Oct. 14: <https://www.surveymonkey.com/r/Levelup-registration2022>

Questions? Contact Tina Greco [Betina.M.Greco@doe.nh.gov](mailto:Betina.M.Greco@doe.nh.gov)

**Exhibitors:** <https://www.surveymonkey.com/r/exhibitor-levelup-registration2022>

Questions? Contact Joy Sabolevski [Joy.P.Sabolevski@doe.nh.gov](mailto:Joy.P.Sabolevski@doe.nh.gov)



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## Ukulele Workshops at the Kingston Recreation Center:

### Ukulele Workshops with Amy Conley!

November 5, 2022 – 3 pm and 4:45 pm

Kingston Recreation Center

[4:15: Interactive performance with Seacoast Ukulele Players](#)

#### Got a ukulele??

(No matter, we have loaners (first come first served)!

Want to learn the basics?

Want to hone your skills?

Here's your chance to learn with Amy Conley of Amy Conley Music!

It's also your chance to play along with the Seacoast Ukulele Players for a short performance in between classes!



**3:00 pm: Beginners Playshop: \$15.00**

Basic skills in a fun and friendly format

**3:45 pm: Performance: all welcome to listen or play along**

**4:45 pm: Advanced Playshop: \$15.00**

Amy will teach two fingerpicking patterns for songs in 4/4 time and 3/4 time. Then we'll discuss a surprising truth about strumming and how to use that knowledge applied to songs.

**To sign up: Contact Paul Butler, Kingston Rec: (603) 531-3337, email: [kingstonrecreation24@gmail.com](mailto:kingstonrecreation24@gmail.com)**



Amy Conley is passionate about spreading the joy of music to humans of all ages. [www.amyconleymusic.com](http://www.amyconleymusic.com)



The Seacoast  
Ukulele Players

[www.meetup.com/seacoast\\_ukulele\\_players/](http://www.meetup.com/seacoast_ukulele_players/)



**Sanborn-Epping Ice Hockey Fundraising Event:**



Sanborn-Epping  
Ice Hockey  
Fundraising Event

Holiday  
CRAFT  
FAIR

Sanborn Regional High  
School

November  
26th  
9a.m.-3p.m.

FREE  
ENTRY

Come on down and help support  
this amazing Fundraising Event  
organized by The  
Sanborn-Epping Hockey Boosters

80+ VENDORS

Scratch Ticket Raffle  
Food & Drinks  
Home Decor  
Home-made Items  
Gifts & Many More

Email with inquires  
regarding available  
space to:

sanborneppinghockeyboosters@gmail.com