



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 30th, 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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Opt-In from your  
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Just send "Y" or  
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## Greetings Sanborn Students and Families,

I hope you have all been out enjoying the fall weather and festivities. It's hard to believe that November is upon us in just a few short days. Red Ribbon week was well received by students and staff with a lot of participation which was fun to see. The week ended with a pajama day.

## Important Upcoming Dates:

### Friday, November 4th:

Quarter 1 grades close - please check ALMA and reach out to your child's teachers with any questions or concerns.

### Friday, November 11th:

Veterans Day - No School

### Monday, November 14th:

College Bound "I Applied Day" - more information coming soon

### Thursday, November 17th:

Fall Sports Awards Night

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

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## **Athletic Update:**

### **Winter Sports begin November 28!**

Sanborn offers high school athletes opportunities in several sports:

- Basketball – Girls and Boys
- Bowling – Coed
- Cheer / Spirit – Coed
- Ice Hockey
- Track & Field

Registration for all Winter Sports is done through [Final Forms](#). Coaches will be in touch with those athletes signed up. Student-athletes should keep an ear open for announcements regarding pre-season meetings.

We may also be able to support Skiers, Swimmers, Gymnasts, even Wrestlers. Athletes interested in these sports should stop by to see Dr. Dawson at school.

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

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## Important Information from SRHS Yearbook:

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)



*Jostens*



**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.

**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.

**Freshmen and Sophomores!** All Freshmen and Sophomores will attend a Vaping Prevention program on October 24th. This event, sponsored by So Rock the Southern Rockingham Coalition for Drug and Alcohol Prevention, will focus on vaping prevention and education information. The presenter, Laurie Warnock is the NH Health Education Coordinator at Northern New England Poison Center. Laurie has presented to our students in previous years and her presentation has always been well received by the students.

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](#). 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:**

#### **Your High and Middle-Schooler Need the Facts About Underage Drinking**

According to health experts, 60 percent of teens have had at least one alcoholic drink by age 18. And research shows that teenage drinking poses serious health and safety risks. Share these facts with your teen:

- Teens who start drinking before the age of 15 are twice as likely to become addicted as those who wait until they are 21.

*“In 2020, 4.1 million young people reported binge drinking at least once in the past month.”*  
— 2020 National Survey On Drug Use and Health



- Alcohol increases impulsive behavior and provokes teens to make poor decisions that can lead to serious injury or death.
- Underage drinking increases teens' risk of physical and sexual assault.

So what can parents do?

- Check where your teen is going and with whom. If there is a party, find out if there will be adults present and if alcohol will be served.
- Remind your teen never to get into a car with someone who has been drinking. Develop a code your teen can use when calling you that means "Please come get me!"
- Watch your teen carefully for signs of depression. Sometimes, teens use alcohol as a way to medicate themselves.

Source: "Underage Drinking," National Institute on Alcohol

**Here are some fact sheets and resources that will help you to have these and other important, yet tough conversations:**

- [Why You Should Talk With Your Child About Alcohol and Other Drugs](#)
- [Talking With Teens About Alcohol and Other Drugs: 5 Conversation Goals](#)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders. 1-800-662-HELP (4357)

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 Epipens 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.

**Join SoRock on November 15th for an important community conversation about our youth at the Plaistow YMCA. Food will be provided.**

**<https://www.sorocknh.org/community-conversation>**

## October is Youth Substance Use Prevention Month!

### What Every Parent and Caregiver Needs to Know About Fake Pills

- **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 was great, thank you! We raised lots of awareness for prevention and educated grades 6-10 on the dangers of vaping with the help of the Northern New England Poison Center.**

**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.

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](#)



# 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**

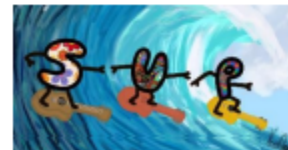
**4:45 pm: Advanced Playshop: \$15.00**

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**