



**Sanborn Regional  
High School**

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SANBORN REGIONAL HIGH SCHOOL

# POINTS OF P.R.I.D.E.

May 14th, 2023

*A newsletter that promotes our core values of:*

***P**ersonalization, **R**isk-Taking, **I**ntegrity, **D**iscovery, and **E**mpowerment*



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|---|
| <b>Important Upcoming Dates:</b>  |
| <b>Monday, May 15th:</b><br><b>Senior Honors Dinner @5pm - Cafeteria</b><br>Invitation Only   |
| <b>Monday, May 15th:</b><br><b>Scholarship Awards @6:30pm - Auditorium</b><br>Invitation Only |
| <b>Tuesday, May 16th:</b><br><b>MS/HS Band Concert - Auditorium</b>                           |

Please **[CLICK HERE](#)** to view the end of year events calendar.  
The calendar is a live document.






**Graduation Seating is now posted.**  
**[CLICK HERE](#)** to view the seating area.

## A Message from Administration:

On May 17th, all of our students will take a NH Department of Education approved Gallup Poll. This poll helps us to plan future career pathways activities. We will also collect data regarding our student's engagement in their education and the hope they hold for the future. Please see this [Parent Information Page](#) for more information or if you would like to opt your child out of the survey. If you would like to see the questionnaire, please click [here](#). The questionnaire will take approximately 10-15 minutes to complete and will be completed in advisory.

Yours Always,

Jennifer Michitson, Dr. Robert Dawson, Nichole O'Brien, Heidi Leavitt, and Timothy Westphal

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|---|---|---|---|---|
|  |  |  |  |  |
| <b>Jennifer Michitson</b><br>Principal  | <b>Dr. Robert Dawson</b><br>Assistant Principal<br>Athletic Director              | <b>Nichole O'Brien</b><br>Assistant Principal<br>Curriculum                       | <b>Heidi Leavitt</b><br>Counseling Director   | <b>Timothy Westphal</b><br>Assistant Principal                                      |

### Athletic Update:

Another busy week on tap! If you have an incoming Freshman, please see [this information](#), which was handed out to the kids at Step Up Day on Friday.

### Week of May 15-20:

#### Monday, May 15:

Boys Tennis home v Prospect Mt., 4:00

#### Senior Day!

Var Softball home v Oyster River, 4:00

Var Baseball home v Oyster River, 4:00

JV SB / BB @ Oyster River, 4:30

#### Tuesday, May 16:

Girls Tennis @ Bishop Brady, 4:00

Track & Field Last Chance Meet, home 4:00

#### Wednesday, May 17:

Var Baseball @ St Thomas, 4:00

#### Thursday, May 18:

No games / matches / meets

#### Friday, May 19:

Varsity Baseball home v Pelham, 4:00

Varsity Softball home v Pelham, 4:00

JV Baseball @ Pelham, 4:00

Track & Field @ Seacoast Champs, 4:00



#### Saturday, May 20:

JV Baseball @ Campbell, 10:00

2 games: Campbell & Pelham

# Club, Organization, and Classroom Happenings

## SRHS Junior Prom 2023

Sanborn students had a wonderful prom night on Friday, May 12th at Atkinson Country Club. Congratulations to the prom committee who put on a wonderful event.



Lokas Youssef and Sarah Bufano pose for a picture as Prom King and Prom Queen

A big thank you to Mr. Gray and Modern Media for capturing the Promenade and taking some great candid photos. [CLICK HERE](#) to view the Promenade video and still photos courtesy of Mr. Gray.



## Sanborn Submariners Update

On Friday, April 14th the Sanborn Submarine team had the pleasure of visiting the USS Albacore in Portsmouth, NH. Attendance included William Flaherty, Lokas Youssef, Rex Sullivan, Kevin Lawit, Matt Martin, Sarah Bufano (newspaper reporter), Mr. Enright, and Mr. Gray. We were joined by members of the Sanborn Seminary Trustees. Attendants were given a guided tour of the vessel. I believe that this was a special experience for us because our tour guide stated how it is difficult to find people willing to lead tours. We were lucky to have not one, but two guides! Attendants had the unique opportunity of climbing inside this navy-designed ship. The USS Albacore had a good life. It was used for research on submarine design elements from 1953 to 1972. Unfortunately, this impressive vessel had to sit in a scrapyard for over ten years before anyone had the idea of creating a museum for tourists to learn about the submarine's history. In its retirement, the impressive vessel sits in a dry dock in Portsmouth NH.

All who attended the guided tour experienced first-hand what it was like to live on the USS Albacore. Though the living and sleeping quarters were tight, it is safe to say that all attendants enjoyed a walk through the submarine. A few ambitious Submariners tried out the sleeping bunks onboard the vessel. Needless to say, they were not the most comfortable mattresses. We were able to see where crew members ate, slept, and worked

on the submarine. There was even an antique typewriter on the captain's desk! Most attendants had the opportunity to look out the periscope to see the land outside and even had the chance to sit in the driver's seat of the vessel.

We not only learned about the USS Albacore, but had the delight of hearing Mr. Enright's fun facts about bridges, the ocean, snorkeling, and the importance of beach cleanup. A visit to the USS Albacore was the best way to spend our Friday!



### **AP Calc Students Take the AP Exam**

Advanced Placement Calculus is the toughest mathematics class in high school. After a few Covid-affected years, the College Board returned AP Calc to a regular, paper test held during the school day. For about four hours "TEAM AP Calculus" worked out their math brains and graphing calculators, tackling four brain-melting sections of multiple choice and free response questions. Their nearly year-long journey through college-level mathematics, though admittedly difficult, is an invaluable learning and growth experience for all these students.

Super congratulations to Erica, Heather, Lokas, Kyle (a lefty), and Kevin!!



### **Mr. Kelly's Welding Students Make a New Pan for the Boiler**



There is something to be said for having the ability to make small repairs around the school right in our own classroom. That is exactly what Mr. Kelly's welding students were able to do recently when the facilities department approached the class to make a new pan for one of the boilers. "Dan Doyle asked us to make him a new pan, 4 feet square. My 3rd and 5th period welding classes were able to complete the project the same day!" Mr. Kelly explained. A job well done by the welding students.

## SRHS Sustainability Club Collecting Wood

| <h1>DROP OFF DAYS</h1>  |   |
|---|---|
| <p>Sustainability Club is looking for wood, logs, leaves, &amp; grass for hugelkultur garden beds by gym (drop off area will be marked).</p>    |  <p>Wed to Friday<br/>(5/17-5/18 2:30-4)<br/>log /sticks drop off</p>   |
|  <p>Mon to Wed<br/>Leaves and grass<br/>(5/24-5/25 2:30-4)</p> | <p>For other ways to help:</p> <ul style="list-style-type: none"><li>• lend muscle</li><li>• lend expertise</li><li>• other materials</li></ul> <p>Email<br/><a href="mailto:mpetruzzi@sau17.net">mpetruzzi@sau17.net</a></p> |
| <p>To arrange drop off at a different day/time email <a href="mailto:mpetruzzi@sau17.net">mpetruzzi@sau17.net</a></p>                           |   |

## NH State Liquor Enforcement Fatal Choices program

On Thursday during lunch' SRHS and Sorocknh welcomed NH State Liquor Enforcement Fatal Choices program to increase alcohol awareness by demonstrating the dangers and risk associated with drinking and driving before Prom. This program aims to educate licensed drivers by allowing the participants to wear a pair of Fatal Vision Goggles, which simulate a blood alcohol concentration level in the range of .06 (low impairment), to .20+ (high impairment). Student's navigated through an obstacle course in a golf cart (with Liquor Enforcement) wearing the goggles and also performed field sobriety tests.



# Additional Information and Links

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|---|---|---|--|--|
| <a href="#"><u>SRHS Yearbook Information</u></a>                            | <a href="#"><u>School Counseling Update</u></a>       | <a href="#"><u>Student Assistance Program</u></a> | <a href="#"><u>School Nurse Updates for May</u></a>                | <a href="#"><u>SoRock Updates for May</u></a>                |
| <a href="#"><u>Special Olympics of New Hampshire</u></a>                    | <a href="#"><u>PreSchool Lottery Announcement</u></a> | <a href="#"><u>Summer Camp Information</u></a>    | <a href="#"><u>Outside Organization and Booster Activities</u></a> | <a href="#"><u>Community Sport Sign Up Information</u></a>   |
| <a href="#"><u>Seacoast School of Technology Information and Events</u></a> | <a href="#"><u>Parenting Support Group</u></a>        | <a href="#"><u>Student Job Opportunities</u></a>  | <a href="#"><u>Exeter Adult Ed Information</u></a>                 | <a href="#"><u>PTO Announcements</u></a>                     |
| <a href="#"><u>Sanborn Seminary Trustees</u></a>                            | <a href="#"><u>Monthly Scholarship Newsletter</u></a> | <a href="#"><u>Daily Announcements</u></a>        | <a href="#"><u>2022-2023 SRHS Calendar of Events</u></a>           | <a href="#"><u>Student Group Fundraising Information</u></a> |

[Visit our Website](#)



# Class of 2023 Senior Spotlights

## Meet Ella Bergeron



**Best Memory:** The friendships and connections I have made

**Traits that describe Ella:** Determined, funny, and charismatic

**Favorite Teacher(s):** Mr. Wolbert and Ms. Swist

**What the staff have to say about Ella:**

As a freshman, Ella always made me smile. She is quiet, but if you listen closely, you can get to know her sweet, witty personality. Good luck, Ella, we will miss you! - Ms. Ryan

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## Meet Jackson Arsenault

**Best Memory:** Putting cheese stickers on everybody's cars, bringing my hedgehog to school

**Extracurricular Activities:** Leaving school early

**Accomplishments:** Passing my English classes

**Traits that describe Jackson:** Funny, Boisterous

**Favorite Teacher(s):** Mrs Swist, Mrs Trudeau, mr. Kelly, mr. Croteau, Mrs. Alley

**What the staff have to say about Jackson:**

Jackson!!! You did it! I am so proud of you. Your smile lights up a room but your impish grin always makes me a bit worried. All the best to you. Remember! You promised me reserved seating at your first restaurant. All the best! Mrs Trudeau

J Kelly. Jackson has really grown up over his 4 years at Sanborn. Always good natured, he is both responsible and dependable. He has a great friend group with Ben, Mary Lou and Emma. And he has a great career lined up with The Thompson House. On top of all that, he remains "The Hardest Working Man" at Sanborn. Good Luck Jackson, we will miss you.

Cass: Well, I never had Jackson as a student, but between him cooking my meals at Sawbelly and running into him in the hallway, I probably see him more than some of my students. Keep cookin' and good luck after Sanborn!

