



SANBORN REGIONAL HIGH SCHOOL

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

*A newsletter that promotes our core values of  
Personalization, Risk-Taking, Integrity, Discovery, and Empowerment*

August 28th, 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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Sanborn Portrait of a Graduate

The Sanborn Way

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2022-2023 SRHS Calendar of  
Events

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Daily Announcements

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**RECEIVE TEXT  
UPDATES FROM  
OUR SCHOOL:**

Opt-In from your  
mobile phone now!



Just send "Y" or  
"Yes" to 67587

## Greetings Sanborn Students and Families,

We hope you are all gearing up for the start of school next week. Schedules are posted, staff are ready, and the building, thanks to our custodial staff, is looking amazing! Welcome letters were sent home this week and families will be receiving information in the mail as well. We look forward to welcoming all students back to school on 8/31 (grade 9 only on 8/30).

Yours Always,

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



**Jennifer Michitson**  
Principal



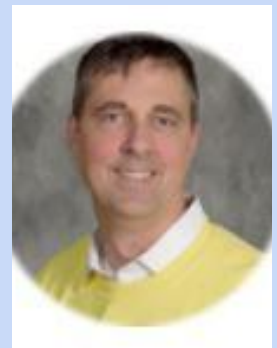
**Dr. Robert Dawson**  
Assistant Principal



**Nichole O'Brien**  
Assistant Principal



**Heidi Leavitt**  
Counseling Director



**Timothy Westphal**  
Assistant Principal

## A Message from the Student Assistance Program

My name is Zach Parker, and I joined our community in 2021. As well as being an advisor to the Youth in Action Club, I am the Student Assistance Counselor for grades 6-12. This role has been set up in our school to help parents and students with various challenges that may arise throughout the middle school years and high school years. My goal is to keep our students engaged, motivated and to successfully navigate their time with us!

My background in classroom teaching, supporting at-risk youth and adventure-based outdoor education helps me introduce and encourage passions, interests and positive energy in our student community!

I look forward to working with staff, students and parents to create positive, successful school opportunities!

Zachary Parker, M.Ed

Student Assistance Counselor,

Sanborn Regional Middle and High Schools

603-642-3341 x1340

## Exeter Adult Education

Exeter Adult Education classes begin the week of September 12 for ESL, Adult Basic Education/High School Equivalency and Adult Diploma. Please [click here](#) to see the attachment for more information.

# Learn at your pace.



**Exeter Adult  
Education**  
develop • grow • enrich

**Exeter Adult Education Classes  
FALL 2022**

**Academic Skills and High School Equivalency Preparation**  
**FREE** classes to improve confidence and skills in math, reading and writing for employment and test taking. Exeter Adult Education is a HISET® Testing Center.

<b>DAY CLASSES</b>	<b>EVENING CLASSES</b>
Starts 9/12	Starts 9/12
Mon Wed and Fri 9 am - 12 pm	Mon and Thurs 6:30 - 9 pm

**NEW STUDENTS:** Please call our office at 603-775-8457 to register by appointment. Enrollment is ongoing throughout the semester.

Because of the caring staff and teachers who do anything to help, I got my HISET® with great scores.

Gene T.  
HISET® Student

**English for Speakers of Other Languages – ESL**  
**FREE** classes to improve English speaking, listening, reading, writing, grammar and pronunciation. **In-person and remote instruction available.**

<b>DAY CLASSES</b>	<b>EVENING CLASSES</b>
Starts 9/12	Starts 9/12
Mon Wed and Fri 9 - 11 am	Mon and Thurs 6:30 - 9 pm

**NEW STUDENTS:** Please call our office at 603-775-8457 to register by appointment. Enrollment is ongoing throughout the semester.

**Adult High School Diploma Classes**  
Evening high school credit courses available for adults needing to complete the requirements for a high school diploma or for a refresher or college preparation (including Biology). Classes begin 9/18, one night/week for 15 weeks. **Appointment for course registration is required. Limited scholarships available.**



List of Enrichment Courses on Reverse Side

30 Linden Street, Exeter, NH 03833  
603-775-8457 [AdultEd.sau16.org](mailto:AdultEd.sau16.org)

**Community Education/Enrichment Program**  
For complete course descriptions, times and fees, visit [AdultEd.sau16.org](http://AdultEd.sau16.org)

**Computer/Technology**

Technology Literacy for Apple Device Users 10:45 - 8 pm  
Accounting & Bookkeeping Basics with Quickbooks 9:26 & 10:27/6 - 7:30 pm  
Google Suite Apps for Beginners 10:6/5 - 7 pm  
Introduction to Excel 10:11/6 - 8 pm  
Smartphone & Tablets 10:20/6 - 8:30 pm & 11:01/3:30 - 3 pm  
Introduction to Word 10:4/5 - 7 pm

**Cooking**

Italian Cooking - Pasta and Sauce 10:27/6 - 9 pm  
Italian Desserts 9:29/6 - 9 pm

**Health & Wellness**

Ballroom Dancing 9:26/6:30 - 7:30 pm & 7:30 - 8:30 pm  
Introduction to Latin Dance 9:27/6:30 - 7:30 pm & 7:30 - 8:30 pm  
RAD Instructional Course 9:26/6:30 - 8:30 pm **FREE**  
Wellness Yoga 10:4/6 - 7:35 pm  
Heartcover Adult CPR/AED 10:6 & 10/7/6 - 9 pm  
\*Strong Bones Session I 10:4 & 10:6 - 10:25 & 10:27/3:30 - 4:45 pm  
\*Strong Bones Session II 11:6 & 11:3 - 11:24/3:30 - 4:45 pm  
Sound Sleep 10:11/6:30 - 8:30 pm  
Adrenal Wellness 11:3/6:30 - 8 pm

**Language**

Introduction to German I 9:27/5:15 - 6:45 pm  
Introduction to German II 9:27/7 - 8:30 pm  
Evening Beginner Spanish / Level 1 9:27/6 - 7:30 pm  
\*Daytime High-Intermediate Spanish II 9:28/12:30 - 2 pm  
\*Beginner Spanish II 9:27/6 - 7:30 pm  
\*Advanced Spanish 9:26/12:30 - 2 pm  
\*Conversational Spanish 9:30/12:30 - 1:30 pm  
Basic Italian I 9:26/5:30 - 7 pm  
Basic Italian II 9:26/7 - 8:30 pm  
\*Daytime Advanced Italian with Grammar 9:29/11 - 1 pm

**Personal Development Courses**

Improv Theater 11/7/6 - 8 pm  
How to Invest Your 401K, IRA & Other Investments 10/1/4 - 8 pm & 10/11/1 - 2 pm  
Estate Planning 9:29/6 - 7:30 pm  
Estate Planning for Seniors 10:27/6 - 7:30 pm  
Ten Old Testament Prophecies 9:27/7 - 8 pm  
Taming the "To Do" List 9:29/6 - 8 pm  
Start Writing: A Quick Intro to Creative Writing 10:4/6 - 8 pm  
Solopreneur: Basics for Starting a New Business 11/7/6 - 8 pm  
Navigating Career Change at Any Age 12:5/6:30 - 8 pm **FREE**

**Hand Craft**


Calligraphy for Beginners 9:29/6:30 - 8:30 pm  
Learn to Draw Anything 9:29/6 - 8 pm  
Crocheting for Beginners 9:27/6 - 8 pm  
Crocheting for Intermediates 11/5/6 - 8 pm  
Beginner Watercolor 9:27/6 - 8 pm  
Watercolor Pencil 9:26/6 - 8 pm  
Zentangle for Beginners 11/7/4 - 8 pm  
Acrylic Painting for Beginners/Intermediates 11/10/6 - 8:30 pm  
Ink Paper Folding 12/1/6 - 8 pm  
Silk Scarf Design Painting 11/10/6 - 8 pm  
Watercolor II 9:29/6 - 8 pm  
Soy Candle Making Workshop 10:24 & 12/6/6 - 9 pm

**Adult Career Pathways**

Many adults want or need to return to school for job advancement or a career change but need to develop skills and confidence first. Exeter Adult Education's career and college transition services include opportunities for you to:

- Improve skills through math, writing, reading and/or computer classes
- Meet with a counselor to develop a career plan

**Questions? Call us 603-775-8457**  
For complete course descriptions, times and fees: [AdultEd.sau16.org](http://AdultEd.sau16.org)



30 Linden Street, Exeter, NH 03833  
A proud partner of the [growforbetter.com](http://www.growforbetter.com)

Course space is limited. Must be at least 18 years old to enroll in enrichment classes. If a course is cancelled or full, students will be notified; otherwise, students will NOT receive notification of enrollment and should attend the first class. Refunds will not be given unless a course is cancelled. Courses are open to residents and non-residents of Exeter.

It is the policy of the BRCS School Board that there will be no discrimination on the basis of age, race, creed, color, religion, marital status, sexual orientation, national ethnic origin, economic status, or disability for employment, participation in, admission/access to, or operation or administration of any educational program or activity in the School District.

Not School Sponsored \* Reverse

Sanborn Regional High School 17 Danville Road, Kingston, NH 03848 [www.sau17.org](http://www.sau17.org)

## Coffee with the Chiefs Event

Join Chiefs Johnson and Pellerin for a meet and greet/Q&A opportunity on Thursday, September 1st at 9am.

# COFFEE WITH THE CHIEFS

Bring your questions for  
Chiefs Johnson & Pellerin

Kingston Rec Center  
24 Main Street

Thursday  
September 1, 2022 9am

Breakfast treats, coffee, and  
questions in an informal,  
casual setting.



RSVP by Tuesday August 30.  
Kingston.recreation24@gmail.com or 603-531-3337



### 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).

[Click Here to Join the SRHS PTO](#)



# 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 ([sanbornrhspto](#))!!** 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: [sanbornrhspto](#)**

[Click Here for the UnFundraiser Form](#)

## WELCOME BACK SANBORN!

**SoRock would like to welcome all the new students, administration and staff.**

We are excited to work with and get to know so many new people this year.

### Who/What is 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.

SoRock is grateful to have donated office space within Sanborn Regional High School. We are a community agency working in, rather than for the district. Our coalition members hold positions in several community agencies and schools and meet monthly to collaborate.

**Attention Boosters/PTA/PTO and other parent or community/civic groups.** SoRock will come to you! We would love to attend one of your meetings to tell you a little more about us 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.



**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.

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. <https://www.nh988.com/> The new 988 Crisis Hotline became active JULY 16th

SoRock has FREE locking medication boxes and disposal pouches for the community. We can also provide firearm trigger locks.

**Remember, we are here for all ages. Supporting the wellness of the community across the lifespan is the only way to ensure healthy youth!**