



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*

September 11th, 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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## Greetings Sanborn Students and Families,

We had a great four day week here at SRHS. School pictures took place on Wednesday, and class meetings for Seniors and Juniors were held during Advisory on Thursday. The Sophomore class meeting will take place this week. Everyone is settled in with the new schedule. Transitions have been going well, lunches running smoothly, and, as you know, we are working through trying a different traffic pattern for the morning drop off. Everything is truly a collective effort and we appreciate your support.

## Important Upcoming Dates:

### Friday, September 16th:

Friday Night Lights! Sanborn is hosting St. Thomas in a special Friday night game under the lights. Kick off is at 7:00pm.

### Monday, September 19th:

Open House from 3:30pm-6:00pm

Academic Awards Night from 6:00pm-7:00pm. Academic Awards Night is a night where current Seniors, Juniors, and Sophomores are recognized for their academic achievement

during the 2021-2022 school year. This event is by invitation only. Invitations will be sent out this week.

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



**Nichole O'Brien**  
Assistant Principal



**Heidi Leavitt**  
Counseling Director



**Timothy Westphal**  
Assistant Principal

### **Athletic Happenings this Week:**

#### **Monday, Sept. 12**

JV Football v Belmont-Gilford, 4:00

#### **Tuesday, September 13:**

Field Hockey @ Pembroke, 4:00

Girls Soccer @ Newmarket, 4:00

Boys Soccer @ Newmarket, 6:00

#### **Wednesday, September 14:**

Cross Country @ John Stark, 4:00

Golf @ Bishop Brady (with Kearsarge, John Stark), 4:00

Boys Soccer (home) Oyster River, 4:30

#### **Thursday, September 15:**

Field Hockey (home) Lebanon, 4:00

Football-Freshmen (home) Trinity, 4:00

#### **Friday, September 16:**

Football (home) St. Thomas, 7:00 pm

Cheer (home) St. Thomas, 7:00 pm



**Goalkeeper Tori Gibson  
saves the day v Derryfield**

#### **Saturday, September 17:**

No contests

If you have any questions, please contact Dr. Bob Dawson

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## **Sanborn Seminary Trustees Award Sanborn Regional High School Donate \$34,891.00 to Sanborn Regional High School**

The Sanborn Regional school board held a public hearing on donations during the meeting on Wednesday, September 7th. During the public hearing, Principal Michitson presented the board with a proposed donation from the Sanborn Seminary Trustees to support school projects in the amount of \$34,891.00. The board voted unanimously to accept the donation. A big thank you to the Sanborn Seminary Trustees! The support for students is always appreciated. The staff and students are very excited to see the possible accomplishments and learning outcomes thanks to the generosity of the Sanborn Seminary Trustees. Here is a list of this year's projects:

<b>Project Name</b>	<b>Staff Member</b>	<b>Department Subject</b>	<b>Brief Description</b>
Artist in Residence Master Class Series	Nicole Bartlett and Matthew Bradd	Music	This grant will allow the music program to bring in a variety of music artists to work with music students throughout the year.
Anatomy in Clay	Kaitlin Martin	Science	This proposal would provide funds to purchase classroom clay kits to supplement instruction and dissections for the Human Anatomy and Physiology classes.
Update the Photography Program Part 2	Lorraine Bilodeau	Art	This proposal would fund additional equipment (cameras, etc) for the photography program in the art department. The proposal would build off equipment that was purchased though the Trustees grant the previous year.
Clay Mixer	Paige Driscoll	Art	This proposal would be for the purchase of a clay mixer - equipment that would greatly improve the process to make use of recycled clay materials in the ceramics classroom. Currently, a drill with a mixer attachment is used but inefficient.
STEM Challenge: Human-Powered Submarine	Jim Enright	Interdisciplinary	This proposal would partially fund a team of students to refurbish a human-powered flooded submarine and enter it into the International Submarine Races engineering competition that will be held in June 2023 at the Naval Surface Warfare Center in Bethesda, MD.
The Buzz at Sanborn	Meghan Petruzzi	Science	This proposal would fund expenses for a master beekeeper to provide support, programming, and training to the students and staff who care for the school's beehive.

Stay tuned for updates throughout the year.

Jennifer Michitson  
Principal

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## **ALMA Start Information:**

Dear Parents/Guardians,

For the start of school the school district has several forms that you are required to complete. These forms provide the school with critical information and permissions for things such as emergency care, technology use, and information-sharing. These forms must be completed digitally using your Alma Parent Portal account. You can [click here](#) to access Alma.

If you do not remember your password for Alma, you can click on “forgot password” and it will be reset. Your username follows the structure firstname.lastname. If you have additional login questions, please contact Deirdre Cotter in the School Counseling Office at (603) 642-3600 or at [dcotter@sau17.net](mailto:dcotter@sau17.net).

Here are the instructions for completing the back to school forms for the school:

- Log into Alma
- Under your student’s name, click on “Alma Start Forms and Tasks.”
- Click the green “+” button on the upper right side of the screen to get started.
- Select “high school”, “2022-2023 High School Calendar”, and your child’s grade level from the drop down menus.
- Click on “2022-2023 High School Back to School Forms”. All Grade 9 students, regardless of town, are considered returning students (not “new”). You will then see ten(10) different forms to complete. This process will take approximately 5-10 minutes of your time. Once complete, please click the final submit button. Complete one form for each high school child in your family.
- If your child has a significant medical condition: Please reach out to our school nurse, Elisabeth Brown, for appropriate documentation. [ebrown@sau17.net](mailto:ebrown@sau17.net).

Thank you for taking the time to complete these important back to school tasks.

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

### **CDC Covid Guidelines for Schools**

The CDC issued guidelines for schools to follow for the 2022-2023 school year. The Sanborn Regional School District is following these guidelines for this year. Here is a quick overview of their guidelines. You can look at the CDC website for more information: [Operational Guidance for K-12 Schools and Early Care and Education Programs to Support Safe In-Person Learning | CDC](#).

**1)** The most important thing to remember is symptoms; if a student is feeling sick, they need to stay home. Fever of 100.5 F and above, cough, sore throat, vomiting, diarrhea are all reasons to stay home, away from other people.

**2)** If a student has fever or other respiratory symptoms, a Covid test is recommended. Home Covid test kits are accurate and easy. The schools will no longer offer Covid testing.

3) If your student is positive for Covid, the CDC recommends they stay home for 5 days. The test date is Day 0, and count 5 days after that date. There are recommendations for quarantining at home on the CDC website.

4) After the 5 th day, the student may come back to school, IF they are feeling better. If they still have fever, fatigue, and/or bad respiratory symptoms, they may need to stay home longer. When they do come back to school, they need to wear a mask for 5 days.

5) Other members of the family who have no symptoms and are feeling well may come to school. They need to wear a mask for 10 days after their family member's positive test. The CDC recommends asymptomatic family members test 5 days after their family member's positive test. If at any time they start to have symptoms, they need to stay home and test.

6) The CDC recommends watching the Rockingham County Covid check page regularly: COVID-19 by County | CDC. Right now, our Covid level for the county is "Low". The CDC lists recommendations based on the county Covid level. Do consider those actions for yourself and your family based on the county Covid level.

7) Anyone who wishes to may wear a mask, at school and in the community. The CDC recommends masking for everyone when the county Covid level is high.

Any questions, you are welcome to call or email Ms. Brown at (603)642-3341, ext. 1313 [ebrown@sau17.net](mailto:ebrown@sau17.net).

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

### Exploring Community Resources

The kids are off and running, and as we are getting back into our old routines or working toward new, I wanted to share a way to discover family and youth resources in your area, or statewide.

Support and services tailored to your families needs can be found at the [Children's System of Care website](#). You can filter results by selecting a relevant topic, and click on the resource to link to the corresponding website.

Topics such as camps and summer programs, mental health, self-care and transition planning to help with behavioral challenges can be found. You can use this site list to get in touch with specific resources to confirm your eligibility for their support and services.

Please use the link above to locate professionals for academic and personal support, and as needed, reach out to your students' counseling and administrative team!

### DEA Warns of Brightly-Colored Fentanyl Used to Target Young Americans

The Drug Enforcement Administration is advising the public of an alarming emerging trend of colorful fentanyl available across the United States. In August 2022, DEA and our law enforcement partners began seizing brightly-colored fentanyl and fentanyl pills in 18 states. Dubbed "rainbow fentanyl" in the media, this trend appears to be a new method used by drug cartels to sell highly addictive and potentially deadly fentanyl made to look like candy to children and young people.

To view the press release issued by DEA, [CLICK HERE](#).

If you, or anyone you know encounters fentanyl in any form, do not handle it and call 911 immediately.

Mr. Parker  
Student Assistance Counselor




### 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:

**SANBORN REGIONAL HIGH SCHOOL**  
**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 ([sanbornrhtpto](#))!!** Where does the money go you might ask?

- \$100 starter cash for the in-coming Freshman student activities account
- Classroom grants, up to \$250 per teacher, to fund innovative programming
- Funds to support class activities
- Teacher's meals for the Open Houses & Teacher Appreciation Week
- A \$500 scholarship to a Sanborn Senior
- 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: [sanbornrhtpto](#)**



Click [HERE](#) to view the form and make a DONATION!

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## A Message from SoRock:

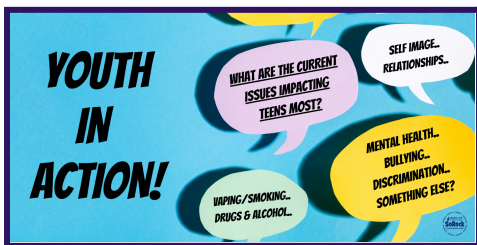


SoRock is a community coalition focused on mental health and substance misuse prevention across the lifespan. We carry out our mission by leveraging resources from the local, state and federal level to coordinate and support education, programming and resources for the towns we serve.

### September is National Recovery Month

The 2022 Recovery Month theme, “Recovery is For Everyone: Every Person, Every Family, Every Community,” reminds people in recovery and those who support them that no one is alone in the journey through recovery. Everyone's journey is different, but we are all in this together.

**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. Sign up!

### September is National Suicide Prevention Month

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 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!**

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

**Kingston Fall Classic Information:**



**ANNOUNCING  
The 14th Annual  
Kingston Fall Classic**

*Races from noon to 4pm - Food and fun all day!*

**Saturday, Sept. 24<sup>th</sup> & Sunday, Sept. 25<sup>th</sup>**

The South Shore Outboard Association is holding its last hydroplane boat races of the season on Greenwood Pond behind Kingston Children's Center.

*Come and join in the fun!!!*

*~ All proceeds benefit ~*

**KINGSTON CHILDREN'S CENTER  
and  
the Kingston Food Pantry**



**Event Highlights include:**

- Hydroplane Boat races
- Food
- Beverages
- Meet the drivers
- Photo opportunities



Kingston Children's Center  
is a 501(C)(3) non-profit  
Tax ID # 23-717 3500

**LIVE UNITED**

Kingston Children's Center  
12 Church Street  
Kingston, NH 03848  
Phone: 603-643-3200  
Email: [office@kccnh.org](mailto:office@kccnh.org)



*This event is not sponsored by the Sanborn Regional School District*