



SANBORN REGIONAL HIGH SCHOOL

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

November 19th & 26th, 2023

A newsletter that promotes our core values of:

*Personalization, Risk-Taking, Integrity, Discovery, and Empowerment*

## Sanborn Regional High School

17 Danville Road, Kingston,  
New Hampshire 03848  
(603) 642-3341  
[www.sau17.org](http://www.sau17.org)



### Important Upcoming Dates:

**Wednesday, November 22nd - Friday, November 24th: Thanksgiving Break - No School!**

**Tuesday, December 5th: MS/HS Band Concert**

**Tuesday, December 12th: MS/HS Chorus Concert**

**Wednesday, December 13th: ASVAB Exam for grade 11**

## A Message from Administration:

Greetings Sanborn Community!

This newsletter is a culmination of the next two weeks - so we hope you are planning for the Thanksgiving Holiday next week, and we hope you had a wonderful time celebrating. As November comes to a close, here are a few updates:

Fall NWEA scores will be sent home to families. You should expect to receive the letters by November 30th. Please reach out to [Mrs. O'Brien](#) if you have any questions.

Beginning on Monday, November 27th, students will receive a "skip slip" if they are anywhere other than their scheduled Advisory, AWT, or FLT location. An email will be going out to students explaining the process. If you have any questions please reach out to either [Mrs. O'Brien](#) or [Mr. Vigars](#).

We are looking forward to all of the upcoming holiday season activities and events here at Sanborn and in the community.

Best Wishes From Your School Administrative Team,



**Jennifer Michitson**  
Principal



**Dr. Robert Dawson**  
Assistant Principal  
Athletic Director



**Nichole O'Brien**  
Assistant Principal  
Curriculum



**Heidi Leavitt**  
Counseling Director



**Louie Vigars**  
Assistant Principal

# Athletic Happenings:

**Winter sports** will be upon us very soon, with most sports beginning the Monday after Thanksgiving. Please check out your school and sports info below!

**Registration** for all sports will be on Final Forms as usual. Physical exams must be up-to-date, and in Final Forms as well. Remember--physicals must be no older than 13 months at any time during a student-athlete's participation. If you get stuck, please reach out! Note also that all game **schedules** this year will be exclusively on our Website, and practice, bus, and game change information communicated exclusively via SportsYou. See team-by-team info below on how to sign up.

**Bowling:** Practice began last week, but we still have room for more bowlers! Coach Leyland is back! You can reach her at wrleyland@gmail.com, and make sure to sign up for Bowling Sports You.

**Ice Hockey:** We are awaiting the final word on our co-op expansion. Practice will begin at PEA on Nov. 27th, at 9pm. You can reach Coach Merrick for more information at shsicehockey@comcast.net. Or check out: Ice Hockey SportsYou

**Boys and Girls Basketball:** Tryouts / practices begin Nov. 27, with the girls first that day. Information will be coming via SportsYou to those signed up there. Boys' Coach Souther's email is rsouther@sau17.net, and check out the Boys BB SportsYou. Girls' Coach Gray can be reached at bgray@sau17.net, and their SY account is here: Girls BB SportsYou.

**Cheer:** Make sure to sign up on Final Forms. Their fall season is still ongoing, so be patient. Practices for the winter will begin Nov. 27. You can reach Coach Rehrauer at rehraueralyssa1@gmail.com, and on Cheer SportsYou

**Track & Field:** Practice kicks off at 3:00 on Nov. 27th. Student-athletes, see Coach Alley, or parents you can email her at kalleyvioletta@sau17.net, or Coach Maxwell at smaxwell@sau17.net. The Track (Winter and Spring) SportsYou link is back

Dr. Bob Dawson  
Asst. Principal, Athletic Director  
[rdawson@sau17.net](mailto:rdawson@sau17.net) 603-765-4552

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## Senior College Webinar by Granite Edvance (formerly NHHEAF)

### Statewide Webinar: Senior College Night

In this live webinar, seniors and their families will learn everything they need to know about the college application process. Focusing on timelines, admission options, and how to stay organized. This presentation will prepare students for their immediate next steps in their college journey.

**Monday, November 20, 2023**

**6:00 – 7:30pm**

**Registration is required:**

[https://graniteedvance.zoom.us/webinar/register/WN\\_PdTLALLYRYGOyfZ1vRbGZ](https://graniteedvance.zoom.us/webinar/register/WN_PdTLALLYRYGOyfZ1vRbGZ)

# Career Connections for Juniors

Is your junior struggling to identify what they hope to pursue after high school? Do they have questions about what they might be good at doing for a career? We will be offering the ASVAB exam in December for all juniors. This assessment used to be used as a test only for the military but it is so much more. Similar to the SAT which breaks the score down into subject areas, the ASVAB also breaks the score down but then links those skills to a career profile. After students receive their score reports, they will meet with a member of the counseling team to explore the career connections. Students will see their pattern of strengths and weaknesses and the careers, industries, colleges and majors connected with those patterns. As a counseling team, we use the ASVAB scores to kick off our career exploration with juniors in the spring. We strongly encourage all juniors to sit for the exam. The ones who have taken the exam found the information in their portals to be really helpful in identifying paths they may want to explore. Please contact your student's counselor if you have questions.

## Free and Reduced Lunch Student's Parents... Free Money:



**If you have a child who received free or reduced price last year, you may be able to get \$120 in P-EBT benefits.**

**WHO IS ELIGIBLE?**  
If your child received free or reduced priced meals during the **2022-2023** school year, you are eligible for P-EBT benefits.

**WHAT DO I HAVE TO DO?**  
Those already enrolled in **SNAP** with school-aged children will receive **P-EBT** benefits in early November on their **SNAP** card.

Families not receiving **SNAP** benefits but whose children were eligible for free or reduced meals can go to **NH EASY** website between September 30 and November 30, 2023 to complete a brief application.

Once approved, a **P-EBT** card will be mailed for use at any food retailer accepting **EBT**.

**Families can expect to receive \$120.00 per eligible child**

**Apply now at [nheasy.nh.gov](http://nheasy.nh.gov)**

**Don't wait! Deadline to apply is November 30th 2023!**

# Free and Reduced Lunch Information:



The school district is facing a demographic change. Historically, participation in free and reduced meal prices has hovered between 14 and 16 percent. Our most recent year, participation has declined to 7 percent. We continue to have food insecurity for some of our students, which has a detrimental effect on student learning and achievement.

With the help of the School Board, we have identified two areas that can have a significant impact on resolving food insecurities, as follows:

1. The School Board approved a “Meal Assistance Program” that receives donated funds to be spent purchasing food for students who do not otherwise qualify for free and reduced meals. To date, the program has received \$1,240.
  - a. Donations can be accepted by mail at 51 Church Street, PO Box 429, Kingston, NH 03848.
  - b. Students in need of meal assistance should speak with their school counselor or school nurse.
2. Families can apply for free and reduced meal prices. Applications can be obtained at the main office of each school or online by [CLICKING HERE](#).
  - a. Qualified families will receive free or reduced meal prices, according to their household income.
  - b. The District will receive additional state aid for “adequate education” and federal grant funding for additional reading and math assistance.

If you have any questions, please contact any school Principal or me, the Business Administrator.

Thank you,  
Matt Angell, Business Administrator  
Sanborn Regional School District





# Classroom and Co-Curricular Happenings:

## Sanborn Seminar Trustee Grant Project Updates

It has been a busy fall here at Sanborn for the Sanborn Seminary Trustee Grant Recipients. Each group has been busy planning for a culminating event and maintaining projects thanks to the Sanborn Seminary Trustees. Here are the updates:



## “Getting to the Y” - Mr. Parker, Mrs. Scott and the SRHS Youth in Action Organization

The Youth In Action Club has been honing their marketing skills in crafting messaging to meet different audiences in the Sanborn community. Joining other area students later this month at a peer leadership retreat, they will be bringing a united, statewide campaign to reduce substance misuse and other dangerous activities amongst teens. Here is what the students have to say - “Learning how to make videos and digital marketing tools is helping us to bring our prevention message to more people!” “I can't wait to meet with other groups of high school students to collaborate later this month!”

## The Sanborn Submariners

The students have been working hard toward the first step of the Sanborn Submariners project, which is earning their scuba diving certification. 11 students earning their scuba certification in November! The students have also been brainstorming ideas for a new submarine to race in June 2025. The students incorporate skills from math, physics and science classes. Other students have been gathering pictures and videos to incorporate into a new Sanborn Submariners website to highlight the team, the school, and our donor sponsors. The team will be touring the UNH Mechanical Engineering and Ocean Engineering programs in December 2023, and scuba diving in the UNH Ocean Engineering tank with the original submarine in February 2024. The tank visit will give the students the opportunity to better understand how the submarine works and aerodynamics. The students have been very excited to be participating in the scuba certification process! Many of the students pushed themselves outside of their comfort zone to participate in the scuba certification process. The students all agree that this project is a unique experience that presents many different learning opportunities!



## Music Program Artist in Residence

From Band: We have started bringing in our artists in residence. So far we have had 4 different musicians come in and are working on another 2 to start soon! The kids are excited to work with these wonderful musicians and are constantly asking when they're next coming in. The artists in residence are working with instrument sections for our upcoming December concert as well as one-on-one coaching for upcoming auditions for All-State.

From Chorus: Vocal coach Christina DeMaio has been in 3 times already, and I am convinced that her expertise contributed to sophomore River DeFeo's acceptance into the NHMEA Jazz All State Festival taking place this February. Here is a message from River:



I was tasked with explaining what Ms. DeMaio has done to help me with my success as a musician, as a singer, and as a performer. She is a wonderful and talented teacher to work with and always has a way of helping with issues I encounter. I have worked with her on some of the most intense music I have been given for festivals such as NHMEAs Classical Mixed Choir, Plymouth State's All New England Choral Festival, Audition material for a plethora of honors choirs and chamber ensembles, and more! She has always found ways to help me work through hardships in music and has encouraged me to have takeaways from my mistakes.

Beyond just lessons on the music on the page, she has taught me lessons on sight-reading, scatting, audition preparation, audition confidence, and tips on the differences between singing solo and ensembles. These are lessons that you don't often get in a

regular choir class, because there isn't enough time to teach them, and usually not enough kids who are interested. Having the opportunity to have one-on-one time and small group lessons with her has allowed me to learn more than I ever could about becoming a better overall musician.

I'm so glad I have the opportunity to express my gratitude about her to you all, as I feel a student's perspective is one of the most telling things you can hear about something happening in the school, and I hope you take my words to heart. She has been a huge part of my learning in the Sanborn Music Department, and I sincerely hope that I continue to get to work with her throughout my time at Sanborn Regional High School.

Thank you,  
River DeFeo  
Class of 2026

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## **An Update from the Sanborn Submariners**

Article by Jim Enright

Congratulations to students Harry Browne, Summer Campbell, Cayden Cannata, Cooper Cunningham, Jade Dutton, Megan Flaherty, Grace Gadway, Alaura Gates, Savannah Kelley, and Ellie Paris, as well as teacher Mr. Gray, for earning their Open Water Diver scuba certification as part of the Sanborn Submariners sub team! In addition, congratulations to Liam Sands who earned his Advanced Open Water Diver scuba certification! Earning diver certification requires independent reading, classroom sessions, pool training sessions, and 4 dives in a lake or ocean. Although the air and water temps were chilly, they all persevered to earn their certifications! Earning dive certification was the first step for the new students on the submarine team, and they will now work toward designing and building a new submarine to add to the fleet! I am excited about the great opportunities for this group



of amazing and dedicated students! For more information about the Sanborn Submariners, check out the website by [CLICKING HERE](#). To learn how you can get involved, or become a sponsor, email Jim Enright at [jenright@sau17.net](mailto:jenright@sau17.net).



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### Mr. Kelly's Students Construct GaGa Pit for the Memorial Elementary School

Mr. Kelly's Shop students have done it again. This time building a Gaga Pit for the Memorial Elementary school in 2 days. Mr. Kelly shared, "We had a good crew and they worked really well together. Pre Cutting the lumber and the geometry we used, as well as the skills we learned, combined for an excellent lesson. Thanks to Dan Doyle and his crew for their help in getting us over there and set up."



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### SRHS Student Council Attends State Conference at Waterville Valley

The Sanborn Regional High School Student Council attended the New Hampshire Student Council conference in Waterville Valley, NH November 8th and 9th. Despite the freezing cold and snow, we were able to enjoy every moment!



Each year, there is a motivational speaker that comes and stays for both days where they talk about their passion and we learn from it. This year, Ted Wise came and talked about Keys to Success. There were five keys total including teamwork, taking action, positive attitude, making an impact, and passion. With each key, we were able to split into different activities where



we applied these skills. For example, there was a Family Feud game which used teamwork. Another activity was a Candy Land themed game which used a positive attitude.

Some highlights we were able to take away from this meeting during both of the days included, ice breakers with other Student Council members from different schools, learning what other councils are doing to help their school, and last but not least, Karaoke where Jake Pitre sang Call Me Maybe.

## New Inductees in the National Honor Society

An Update by NHS Advisor Liz Mulvey

On November 6th, the current members of the Alice M. Burnham chapter of the National Honor Society inducted 6 new members from the class of 2024. The ceremony was emceed by Chapter President, Abhi Alley-Violette. That evening, members, new inductees, and attendants of the ceremony heard 4 honorary guests speak on the four pillars of the National Honor Society: Math and Science Teacher, Doc. Young spoke on Scholarship, Social Studies Teacher, Mr. Hurley spoke on Leadership, Art Teacher and Key Club Advisor, Ms. Swist spoke on Service, and Speech and Language Pathologist, Ms. Babcock spoke on Character. The evening continued with student speakers: Ella Rydeen, Tessa Donigian, Anna D'Amato, Aubrey Harriman, and Sarah Bufano.

Pictured below are the new members of the National Honor Society upon completion of our Fall 2023 induction ceremony, from left to right, Jolena Flanagan, Victoria Gibson, Ryan Mallen, Anastasia Senko, Mary Varney, and Jenna Zaluk. Congratulations!



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## Spanish Honor Society Induction Ceremony

By: Sarah Bufano

The Spanish Honor Society would like to welcome and congratulate their new members! A lovely ceremony was held on November 6th at 6:15 p.m. in the library. The ceremony was spoken almost exclusively in Spanish, including the Spanish Honor Society Oath, values, and a poem. Speakers were Sra. Mercedes (chapter advisor), Kate Boutin (president), Sarah Bufano (secretary), Tessa Donigan (treasurer), and Sydney O'Toole (vice president). The ceremony came to a close with a celebration including refreshments and great company. They would like to thank Mrs. Michitson and others present for supporting their new members. The Spanish Honor Society congratulates Anna D'Amato, Jolena Flanagan, Julianna Gates, Brooke Hanson, Kayla Lowther, Skylar Mathieu, Nina Pelosi, Julia Rockwell, and Michaelena Willis on this great accomplishment. Bienvenido y felicidades!





**Join the SRHS Ski Club!**

Join SRHS Ski Club this January for five afternoons/evenings of skiing/riding. Our program with Pats Peak is all set up. The access code for families to register is SRHS2024. It is not case sensitive, no spaces.

**The registration page is below:**

Learn to Ski & Ride Program - Pats Peak <https://www.patspeak.com/plan-your-vis>

Transportation costs will be calculated once final numbers are in, but will likely be an additional \$100 per student. Any questions, contact Kathleen Babcock [kbabcock@sau17.net](mailto:kbabcock@sau17.net) or Emily LaFrancis [elafrancis@sau17.net](mailto:elafrancis@sau17.net).



**Key Club wants to Help YOU:**

Does your group/organization need help with an event? The Sanborn Regional High School Key Club wants to help! Now it is easier than ever to request help from the Key Club. Simply fill out **THIS FORM**, and someone from the Key Club will be in contact with you. If you have any questions, please reach out to **Meghan Petruzzi** and/or **Jillian Swist**.

**PRO STAFF DRIVING SCHOOL  
Sanborn Regional HS**

**COURSES OFFERED**

- Jan 3-Feb 21,2024
- Mar 6-Apr 18,2024
- May 1-Jun 19,2024
- June 26-Aug 14,2024

Teaching today,  
for tomorrows  
**SAFE DRIVERS!**



Register @  
[www.prostaffdrivingschool.com](http://www.prostaffdrivingschool.com)  
**(603)642-4208**

# NHS PEER TUTORING



**Thursdays during AWT in the Library there will be National Honor Society members available for **FREE** tutoring in the following courses:**

<b>Math</b>	Algebra 1 and 2, Geometry, Pre-Calc, Calculus, Statistics
<b>Science</b>	Physical Science, Biology, Anatomy & Physiology, Chemistry, Physics, other electives as needed
<b>Social Studies</b>	Freshmen and Sophomore courses, and all electives as needed
<b>English</b>	Freshmen and Sophomore courses, Writing, Peer Editing, Presentation Practice, Book discussions based on what is being read in class
<b>Spanish</b>	Levels 1-4
<b>French</b>	Levels 1-4
<b>Technology</b>	all electives as needed

**TO SCHEDULE AN APPOINTMENT: Fill out the form linked to the QR code. A tutor will reach out and confirm a match soon after. You will need to get a pass to the Library.**

\* If you need a course that is not listed above, feel free to email Mrs. Mulvey ([emulvey@sau17.net](mailto:emulvey@sau17.net)) to inquire. We may be able to provide some peer tutoring!

# Staff Corner

In this month's staff corner, we asked staff to share their favorite holiday food dish and what makes it special...



**Mr. Beebe wrote:** “Pumpkin pie has been my favorite since long before the pumpkin spice craze (which I heartily welcomed) since it's been a staple at Thanksgivings with either side of my family, has the perfect mix of sweetness and earthiness, and is just light enough to fit in after a large meal.”

**Ms. Grella shared:** “My mom used to make homemade pumpkin cheesecake with a layer of sweetened sour cream on top. It was just amazing!”

**Ms. Woods wrote:** “chipped beef dip- homemade!”

**Ms. Trudeau exclaimed:** “Apple pie!!! It makes the entire house smell safe and cozy! I remember standing on a stool at the counter with my mother

when I was young making the crust for the pie. I could not wait for it to finally be ready to eat!”

**Dr. Young shared:** “My mom bakes, and she makes plenty of homemade pies.... I'd choose a lattice-top apple!”

**Mrs. Mulvey added:** “My Grammy always made Indian pudding / Hasty pudding and showed me how to make it before she passed. It is best with fresh whipped cream!”

Mrs. Beebe shared: “Our family's favorite holiday food is my mother's Broccoli and Cheese casserole, not because it is the best dish on the table, but because it allows her to contribute and still feel special.”

**Stay tuned for next month's Staff Corner!**

# Stay Connected

<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</u></a>	<a href="#"><u>SoRock Updates</u></a>
<a href="#"><u>Library News</u></a>	<a href="#"><u>PTO Announcements</u></a>	<a href="#"><u>Exeter Adult Ed 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>Daily Announcements</u></a>	<a href="#"><u>Student Job Opportunities</u></a>	<a href="#"><u>2023-2024 SRHS Calendar of Events</u></a>	<a href="#"><u>Student Group Fundraising Information</u></a>
<a href="#"><u>Sanborn Seminary Trustees</u></a>		<a href="#"><u>Visit our Website</u></a>	<a href="#"><u>Monthly Scholarship Newsletter</u></a>	