



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*

February 5th, 2023

Sanborn Regional High School

17 Danville Road, Kingston, New Hampshire 03848

(603) 642-3341

www.sau17.org

*Proud recipient of the
2018 NH Excellence in Education Award*



Important Upcoming Dates:

Wednesday, February 8th:

-SHRS PTO Meeting @6:00pm in the cafeteria

Deliberative Session @7:00pm in the auditorium

Friday, February 10th:

Seacoast School of Technology Open House - Details below.

Week of February 13th:

Course Selection Week.

Monday, February 13th:

Junior College Information Night

Friday, February 17th:

Winter Semi Formal 6:00pm-10:00pm
SRHS Cafeteria

Week of February 20th:

Winter Carnival Week!

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A Message from Administration:

Greetings Sanborn Community!

We hope you all stayed warm this weekend. We had a great week to start the second semester. Many students began a new class or two, all grade levels attended class meetings, and in the next few weeks, students will begin the course registration process for the 2023-2024 school year. The district deliberative session is this Wednesday and there is a busy week of athletic happenings listed below.

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

Athletic Update: Spring Registration is OPEN!!

Parents of student-athletes planning to participate in High School (or Middle School) athletics this spring, please head on over to [Final Forms](#) and get them registered. If you have any questions please contact Dr. Dawson: rdawson@sau17.net.

High School Games this week:

Mon. Feb 6:



Boys BB home v
Hanover, 5 & 6:30,
White Out!
Ice Hockey @
Berlin/Gorham, 3:30

Tue, Feb 7:

Girls BB home v
Lebanon, 5 & 6:30
Boys BB @ Lebanon, 5
& 6:30

Wed, Feb 8:

No HS games

Thu, Feb 9:

No HS games



Fri, Feb. 10:

Girls BB home home v Plymouth, 5 & 6:30
Boys basketball @ Plymouth, 5 & 6:30

Sat Feb 11:

Hockey home v
Stark/Hopkinton/Hillsboro, 4:00,
Dover Arena
Bowling @ Merrimack (Yankee, Manch),
10am

Sun, Feb. 12:

Indoor Track @ NHIAA Div. 2
Championships, Dartmouth, 3:30 pm

Schedules:

Schedules are always found on our [Combined Schedule](#). This "Live" document is constantly updated by coaches and the Athletic Department to reflect changes, so please check it regularly.

Club, Organization, and Classroom Happenings:

Why Gratitude is Important for Students

Showing gratitude is an important skill in the lives of our students because it is associated with the development of empathy. These interpersonal skills are academic, social and career-desirable to have... As you make your way through the winter months, take opportunities to rethink gratitude, what we're thankful for, and teach children to appreciate what they have. The benefits are real:

- Gratitude builds self confidence
- Gratitude teaches coping skills building
- Gratitude helps children see the big picture

According to a study by Harvard Health, the dividends of cultivating gratitude are linked with greater happiness, helps people feel more positive emotions, improve(s) their health, deal with adversity, and build strong relationships.


So start the dinner table conversations with what we are thankful for today, teach the act of thank-you notes, and be mindful of what is going well in our lives.

~Mr. Parker, Student Assistance Counselor

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QUESTIONS TO ENCOURAGE GRATITUDE IN KIDS

1. What is one of your favorite gifts that someone gave you?
2. What's one kind or thoughtful thing someone did for you recently?
3. Who did you thank today? Who thanked you?
4. What's your favorite thing about living in our home?
5. What are you looking forward to this week?
6. How does technology make your life easier?
7. What's the best thing that happened today so far?
8. What about today has been better than yesterday?
9. What made you laugh or smile today?
10. How does it feel to do something nice for someone?
11. What's something about each of your siblings that you are grateful for?
12. What's one thing you do really well?
13. What place have you traveled to that you are most grateful for?
14. What's the most delicious thing you've eaten this week?
15. Who's someone who always listens when you talk?

**KIDSGUIDE**



A Student's Passion for Art

By Jillian Swist and Jim Enright

While some students find their passion in an English class or the shop area, senior Sydney Delap has found her passion in the art room! Sydney is an electrifying spark of creativity, spunk, and a little chaos. It is exhilarating watching Sydney work on her immensely large paintings, and even more endearing when she drags them through the hallways to show her many adoring art supporters throughout the school. Sydney is the definition of an artist. She is brave, intelligent, stubborn, and she believes in her own convictions and stands by them. Her art style perfectly matches her energy, and her paintings are beautiful combinations of bold color and complex line work. She loves to collage a variety of ideas into one large fluid canvas - and they are LARGE. Sydney is currently working on an upwards of four art pieces. Creating these pieces is a process starting with Sydney making the frames in Woodshop with Mr. Kelly and hand stretching them

across the floor of the art room. Her biggest work in progress measures six feet by six feet, and we needed a pickup truck to transport her recent award winning painting! Sydney brings so much life and inspiration to the art room and to the Sanborn community. I (Ms. Swist) have so loved sharing the art studio with her and her growing collection of paintings, drawings, wet oil paint pallets, screen printed t-shirts, and numerous paint spills, which oftentimes also make their way into Mr. Enright's room. She is truly a gem and a positive power in our art world. Sydney's work can be found in several places around the school, but one of her most prized paintings was displayed at the Scholastic Art Awards of New Hampshire (SAANH) show at Pinkerton Academy on Thursday, Jan. 26 th . Her talent attracted the attention of SAANH which recognized her accomplishments with an Honorable Mention award in the Painting category! Although her work has mostly consisted of paintings, she recently completed a welding class, opening up new creative possibilities for her art. We look forward to seeing more of her amazing art work in the future! To get a first-hand glimpse of Sydney's art, please visit the Kingston Community Library art exhibit which runs February 8th through the end of the month. An Artist Reception is being held at the Library on Thursday, Feb. 16 th at 7:00 PM and is open to the public. The Kingston Community Library is located at 2 Library Lane, Kingston (visit their website at www.kingston-library.org for more information and hours).



Additional Information and Links

<u>SRHS Yearbook Information</u>	<u>School Counseling Update</u>	<u>Student Assistance Program</u>	<u>School Nurse Updates for February</u>	<u>SoRock Updates for February</u>
<u>Special Olympics of New Hampshire</u>	<u>PreSchool Lottery Announcement</u>	<u>Summer Camp Information</u>	<u>Outside Organization Challenges & Competitions</u>	<u>Community Sport Sign Up Information</u>
<u>Seacoast School of Technology Information and Events</u>	<u>Parenting Support Group</u>	<u>Student Job Opportunities</u>	<u>Exeter Adult Ed Information</u>	<u>PTO Announcements</u>
<u>Sanborn Seminary Trustees</u>	<u>Monthly Scholarship Newsletter</u>	<u>Lynn Lyons Presentation Information</u>	<u>2022-2023 SRHS Calendar of Events</u>	<u>Contact Tech Support</u>

[CLICK HERE to view the SRHS Daily Announcements](#)

[Visit our Website](#)

[Join our Email List](#)



Class of 2023 Senior Spotlights

Meet Madison Crannell

Best Memory: Prom, Homecoming freshman and senior year, and winter carnival

Extracurricular Activities: LNA course, Life of a student freshman year, Track, Cross Country, and indoor track

Accomplishments: National Society Daughters Of The American Revolution, LNA course, Sportsmanship award Freshman year

Traits that describe Madison: Kind, independent, helpful, positive, and athletic

Favorite Teacher(s): Mr. Enright, Mrs. Cadorette, Mrs. Grella, and Mrs. Petruzzi

What the staff have to say about Madison:

Ms Petruzzi: Madison is a hard worker who strives to do her best. Maddie comes into class with a smile on her face and is always willing to help.

Mr. Enright: Maddie is a hard-working student who strives to always do her best. She always has great energy and greets everyone with enthusiasm every day. She is working hard to become a nurse and I know she will be the best!

Mrs. Cadorette: Maddie is a kind-hearted and hard-working young lady who tries her best in any endeavor. Her conscientiousness shines through in her daily interactions with teachers and friends alike. Maddie always has a bright smile and kind words for those she encounters, often going out of her way to help friends in any capacity. Because of these attributes, I know Maddie will succeed as a nurse, and I wish her all the best!



Meet Kyle Brown

Best Memory: Bee club with Mrs. Petruzzi, soccer practices, classes with my friends, eating lunch with friends

Extracurricular Activities: Chess Club, National Honor Society, Spanish Honors Society, Bee Club, Math Team, Soccer, Track, Winter Track, Bowling

Accomplishments: Math Department Award, Social Studies Department Award, 1460 SAT

Traits that describe Kyle: Smart, kind, athletic

Favorite Teacher(s): Mrs. Martin, Mr. Kinsley, Mr Croteau, Doc Young, Mrs. Petruzzi, Mr. Hurley

What the staff have to say about Kyle:

Hurley: Kyle is a great student. He might be one of the smartest kids I have ever had in class.

Ms Petruzzi: Kyle is an engaging student who can discuss just about any thing with anyone and is an active listener. I have been impressed with him all around from his welcoming personality, athletics, academics, and even his helping nature. Kyle has been very willing to take on any task and is always willing to contribute to his community.





Meet James Thompson

Best Memory: Playing Baseball, Mrs. Cleghorn's 11th Grade English Honors Class

Extracurricular Activities: Baseball, Basketball, Golf, National Honor Society, Spanish Honor Society, Key Club, Class Council

Accomplishments: 2020 JV Basketball Coaches Award, 2021 Varsity Baseball Coaches Award, 2021 Varsity Baseball Sportsmanship Award, 2021 Golf Most Improved Award, 2021-2022 Varsity Basketball Sportsmanship Award, 2022 Varsity Baseball Sportsmanship Award, 2022 Golf Sportsmanship Award, Varsity Baseball Captain

Traits that describe James: Nice, Caring, Patriotic

Favorite Teacher(s): Mrs. Cleghorn, Mr. Cass, Mr. Hurley

What the staff have to say about James:

Hurley: James is mature beyond his years. His work ethic is exceptional. I expect him to achieve great things.

Mrs. Mulvey: James goes above and beyond and loves being an active member of this school and the community. His kindness and patience is not unnoticed.

Croteau: James is one of the most respectful, hardworking and intelligent students I've had in a long time. He's the consummate gentleman.

Cass: James is one of the most earnest, sincere young people I've had the pleasure of working with. He is a serious student, but always down for a good laugh. I have been so impressed with his willingness and ability to learn and grow. Can't wait to see what he does and who he becomes after Sanborn!

J. Kelly. I have known James since the first day of High School. He came to me as a Class Officer and was prepared to succeed. He has delivered, as a Class Officer, as an athlete, as a student and most importantly, as a person. Good luck James, it has been fun.

Meet Rianna Ouellette

Best Memory: Building relationships, taking advantage of my education, and growing as a person

Extracurricular Activities: drama club, bee club

Traits that describe Rianna : caring, funny, wise

Favorite Teacher(s): Erin jacobs, Mr. Parsons, Mrs. Martin

What the staff have to say about Rianna:

Rianna always has a caring smile on her face and a warm approach with others. Rianna is an excellent student! ~Ms. Michitson





Meet Abbie Lucas

Extracurricular Activities: president of key club treasurer of spanish honor society, member of national honor society, captain of varsity field hockey, captain of indoor track, captain of varsity softball, LNA health careers program, bee club member, prom committee

Accomplishments: honors with distinction all years of high school, all-state awards for field hockey, coaches awards, academic award , sanborn delegate at decon key club conference

Traits that describe Abbie: involved, determined, charismatic, independent, focused

Favorite Teacher(s): Mrs. Alley, Mrs.Cadorette, Ms.Petruzzi

What the staff have to say about Abbie:

Mrs. Mulvey: Abbie is sweet and always thinking of ways to improve school through all that she is involved in. Her positivity is radiant!

Ms Petruzzi:Abbie is one of those memorable students who brightens the room and just makes the school

community better. She wholeheartedly dedicates herself to academics, sports, teammates, friends and her community.

Meet William Flaherty

Best Memory: Student Council activities like homecoming and winter carnival, learning to scuba dive, band

Extracurricular Activities: Key Club, Student Council, NHS, Golf, Baseball, Winter Track, Soccer, Bowling, Submarine Project, Math Team

Accomplishments: 9th grade - CAD 1 student of the year, 10th grade - Band Student of the year, 11th grade - Math Student of the year. Soccer - Sportsmanship award - 9th grade and 10th and 11th coaches awards, Golf - rookie of the year award for 12th grade, Baseball - Coaches award 2021 and Sportsmanship 2022, Scuba Certified through Sanborn program. Student Council Rep - 9th-12th grades, Student Council - SRHS Positions - Public Representative 11th and Treasurer 12th

Traits that describe William: Kind, respectful, hard working

Favorite Teacher(s): Doc Young, Mr. Kelly, Mr. Hurley, Mr. Croteau

What the staff have to say about William:

Hurley: Will is one of the most well rounded students in the building. His grades are great, he takes the toughest classes, and he participates in nearly every activity at Sanborn. He will be missed and hard to replace.

Will Flaherty has impressed since I met him before school Freshman year. Mature, responsible, smart, personable, honest, dependable, it's all good with Will. I will miss him but Mechanical Engineering will be getting a good man. J Kelly

