



SANBORN REGIONAL HIGH SCHOOL

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

October 22nd, 2023

A newsletter that promotes our core values of:

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

Sanborn Regional High School

17 Danville Road, Kingston,
New Hampshire 03848
(603) 642-3341
www.sau17.org



Important Upcoming Dates:

Monday, October 30th: Fall Festival - SRHS - from 4:00pm - 6:00pm

November 2nd - 4th: Fall Play *Almost Maine* - SRHS - See advertisement below.

Friday, November 3rd: Quarter 1 Ends

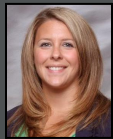
A Message from Administration:

Greetings Sanborn Community,

This fall is flying by! We are heading into the end of October and could not ask for a better first quarter. We have had so many great events, field trips, projects, learning experiences, and athletic contests - our students continue to amaze us! Our staff have been working hard to provide these wonderful moments and it is a pleasure to watch. We are truly fortunate for our staff and students as they have come together this year to bring so many wonderful moments to watch.

We are looking forward to another great week here at Sanborn!

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 Vigers
Assistant Principal

Athletic Happenings:

Registration is OPEN for Winter Sports!
Click here to register you student-athletes: [Final Forms](#)

Winter Sports:

Basketball (Boys & Girls)

Indoor Track (Boys & Girls)

Cheerleading (Coed)

Bowling (Coed)

Ice Hockey (Boys)

Fall Sports are wrapping up, so the schedule is limited!

Mon, Oct 16

JV Football @ Laconia, 4:00

Tue, Oct 17

No Games

Wed, Oct 18

Girls Soccer in NHIAA Tournament
Subject to qualifying

Thu, Oct 19

No Games

Fri, Oct 20:

No Games

Sat, Oct 21:

Cross Country @ NHIAA Division 2's
1:00, Derryfield Park, Manchester
Football @ Plymouth, 1:00

For more information regarding HS sports, including contact information for coaches, schedules, etc. may be found here: [HS Athletics Update](#). Fall schedules may be found on the [Combined Schedule](#). Questions may be directed to Athletic Director Dr. Bob Dawson, at rdawson@sau17.net



SRSD Giving Tree:

As the holiday season approaches, we recognize that some families may need a little extra support to ensure their children experience the magic of the season. If your family could benefit from this program, please fill out this form (**Please fill out a separate form for EACH child you have in the district**) Once completed, our dedicated team will ensure that festive gifts are prepared and ready for pickup. Gifts are purchased by the faculty, staff and community members.

Gifts: Each child will receive 4 gifts (something they want, something they need, something to wear, and something to read). **Please keep gifts under \$50 an item and be as specific as possible and use names of toys, color and size of clothing, and/or amazon links for these gifts.**

For many, the holidays are a time for unity, sharing, and spreading happiness. We recognize for some, holidays can be challenging. We're here to support and uplift our community, making sure every child has a gift to unwrap and a smile on their face.

Please fill out ONE form for each child and submit all forms by Sunday November 5th. If you have any questions regarding this process you may reach out to the following people:

High School:

- Amy Leahy, School Counselor aleahy@sau17.net
- Jenna Grossman, School Counselor jgrossman@sau17.net
- Bob Hatzimanolis, School Counselor bhatzimanolis@sau17.net
- Heidi Leavitt, Director of School Counseling hleavitt@sau17.net

Sanborn District Giving Tree

ApplyNH is Coming to Sanborn:

On November 14th, all Seniors will have an opportunity to apply to all NH Colleges and Universities for free! Students should plan to have their essay and common application completed and ready to submit. More information will be coming soon. Encourage your seniors to sign up for College Labs with their counselors to help with these documents.

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:

Student Council Hosts Southern District Meeting at Camp Lincoln

On Friday, October 13th, the Sanborn Student Council hosted a meeting of the Southern District Student Councils at Camp Lincoln. Student Council members from Raymond, Timberlane, Exeter, Salem and Winnacunnet joined us there for a full day of events and food.



Over 100 students participated in ice breakers to get to know the students from other schools better before separating into individual school councils where they went on to participate in challenge games and brain teasers. Students learned new games like Group Juggle, Knee Tag and Tweener as well as completing group challenges like Moby Deck, the Peanut Butter Pit, the Mohawk Ironworkers Walk and the Twisted Timber. Students had to rely on their communication,

collaboration and problem solving skills to succeed.

Finally, each Council President shared what they have been doing to start off the school year including events like homecoming, the different spirit days, freshmen inductions, and more. Overall, the meeting was a great success and start to the 2023-2024 Student Council District Meetings!



An Autumnal Monday In The Medicine Woods

An article by the Applied Botany class

Mrs. Mulvey's Applied Botany class visited Mt. Kearsarge Indian Museum in Warner, NH on Monday, October 16th. Inside, you enter the circle, and the marvelous Mimi takes you on a tour through the tribes of Native Americans across the country to learn about all of the different plants and plant parts they use for fibers for clothes and baskets and artwork, medicine, weapons, fishing, and even their homes.

What stuck out most to us was the trees used for canoes. White birch was used as it is water resistant and rodent resistant. White pine was burned out because it grew close to the water and they didn't have to move it far. They would sink these pine canoes in the winter to



protect them from the ice. Pine pitch was used to glue their canoes to protect from leaking. It was also interesting to learn what they made baskets from and how they used every single part of the animals they harvested. They never wasted anything, even using corn husks for dolls and deer hooves and turtle shells for musical instruments. Native Americans were known for combining their artwork into their everyday items: the carved handles on their knives, the moose hair and porcupine quill embroidery on their clothing, the designs on their clay pots.



Out in the Medicine Woods, we learned about all the different trees and their uses. Black Walnuts smelled like “sprite” or “socks” depending on which student you ask. If these walnuts are crumbled and sprinkled into a stream or pond, it will momentarily paralyze the fish so that they can more easily be caught. The inner bark was used to treat smallpox. Walnuts can also be used to dye fibers or as a source of food.

Moosewood Maple - have you ever noticed this species in the woods? It has very soft leaves that could be used for natural toilet paper or maybe even bedding.

Sugar Maples are used to make maple syrup. It takes 40 gallons of sap to make 1 gallon of syrup. But how can you tell a Sugar Maple from a Red Maple? Check the leaves for “teeth”. The Sugar Maple does not have teeth on the edges of its leaf like the Red Maple has, you can remember this because sugar rots out your teeth!

Staghorn Sumac can also be found on the edge of the forest. Native Americans used this for tea and medicine. It was also used as a source of red dye for fibers. It smelled like cranberries!

Jewelweed is another plant at the forest edge. We found out that the seed pods explode when you touch them, which was interesting and unique to be able to experience. Native Americans used it as a treatment for poison ivy and other skin ailments.

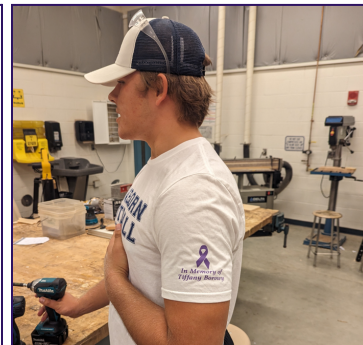
The next time you go into the woods, look for these species around you and try to understand how the people who lived here before us used the forest to survive.

Mr. Kelly’s Students Support Tiffany’s Closet

Students in Mr. Kelly's Applied Woodshop class recently completed a set of 7 shelves for Tiffany's Closet. Tiffany's Closet is a non profit supplier of clothing for families in need. It's dedicated to the memory of Tiffany Borowy, a recent Sanborn graduate who passed away from cancer. Tiffany's Closet is a great way to remember Tiffany.

Moynihan Lumber in Plaistow donated the materials, Tiffany's Mom and Dad spearheaded the project and Sanborn Woodshop kids built the shelving.

From Left to Right, Sean O'Hearn; Doug Russell; Ben Rossi; Jake Stanley and Nash Stickney.



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**.



FALL FESTIVAL

JOIN US AT SANBORN
REGIONAL HIGH SCHOOL ON
MONDAY, OCTOBER 30TH FOR
FUN FALL FESTIVITIES &
TREATS!

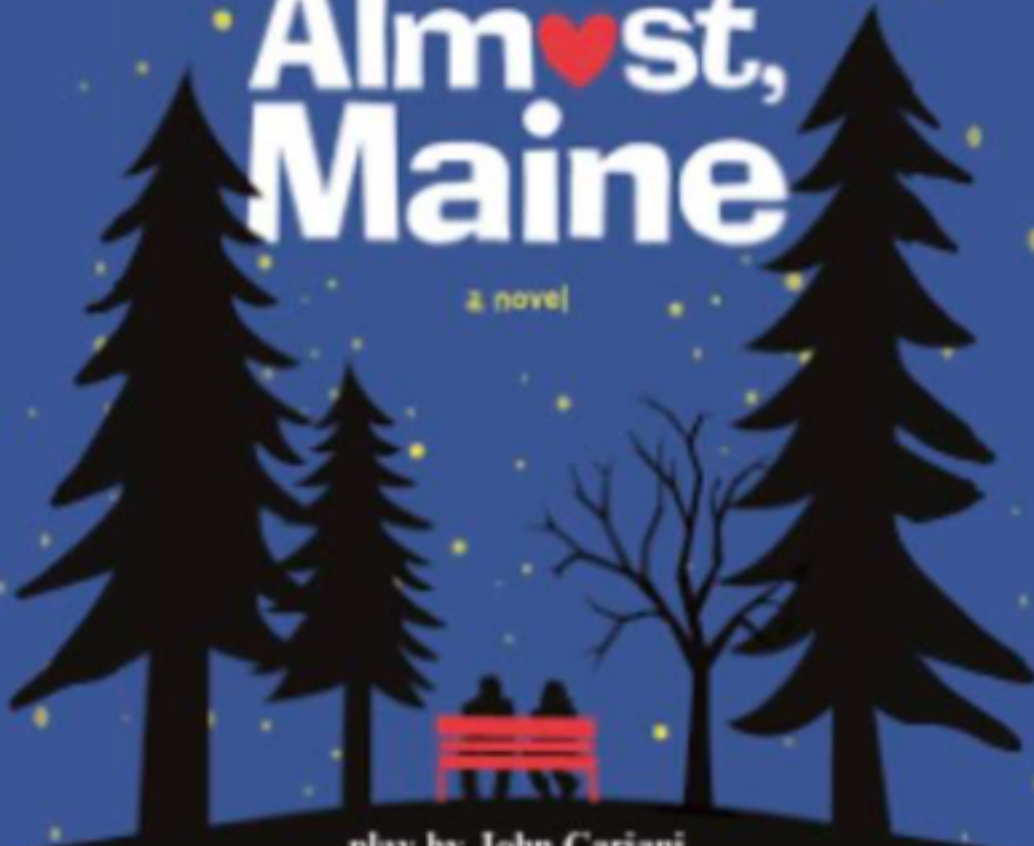


ADMISSION: \$10
YARD GAME COMPETITION
ENTRY: \$10
KIDS TIME: 4PM-5PM
ADULTS HIGH SCHOOL: 5PM-7PM
LOCAL BAND PORCELAIN JUMPSUIT
BAND PLAYING

Sanborn Regional High School Presents . . .

Alm♥st, Maine

a novel



play by John Cariani

Dates:

November 2nd and 3rd at 7pm

November 4th at 1pm and 7pm

Tickets:

\$10 a ticket and \$5 for all at the matinee

\$5 for Students and Senior Citizens

Tickets available outside auditorium before the show!

Stay Connected

<u>SRHS Yearbook Information</u>	<u>School Counseling Update</u>	<u>Student Assistance Program</u>	<u>School Nurse Updates</u>	<u>SoRock Updates</u>
<u>Library News</u>	<u>PTO Announcements</u>	<u>Exeter Adult Ed Information</u>	<u>Outside Organization and Booster Activities</u>	<u>Community Sport Sign Up Information</u>
<u>Seacoast School of Technology Information and Events</u>	<u>Daily Announcements</u>	<u>Student Job Opportunities</u>	<u>2023-2024 SRHS Calendar of Events</u>	<u>Student Group Fundraising Information</u>
<u>Sanborn Seminary Trustees</u>		<u>Visit our Website</u>	<u>Monthly Scholarship Newsletter</u>	