



**Sanborn Regional High School**

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SANBORN REGIONAL HIGH SCHOOL

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

November 5th, 2023

*A newsletter that promotes our core values of:*

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



## Important Upcoming Dates:

**Monday, November 6th: Honor Society Inductions**  
@6:00pm in the Library

**Tuesday, November 7th: Professional Development Day - No School**

**Friday, November 10th: Veterans Day - No School**

**Tuesday, November 14th: I Applied Day!**

## A Message from Administration:

Greetings Sanborn Community,

As the first quarter of the school year comes to an end, we are so grateful for the amazing work from staff and students this fall. From the successful athletic season, to PSAT day, our college fair, and the fall play production. There is so much to be proud of and thankful for. We look forward to seeing more of what makes Sanborn so special: the shared commitment to creating a learning environment built on collaboration and focused on student growth. Please remember to check our [Calendar of Events](#) to stay up to date on all things 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:

Our Newsletter is locked prior to Friday night, so check [HERE](#) to see how our Football team did in their NHIAA Quarterfinal game vs. St. Thomas. The Semi-finals will be in Pelham, Saturday at 1:00 if we have advanced.

**Winter sports** will be upon us very soon. Please check out your school and sports info below, and don't miss the info way down at the bottom about free physical exams if you need one!

**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 on our [Website](#) (soon, I promise!), and practice, bus, and game change information communicated exclusively via SportsYou. See team-by-team info below on how to sign up.



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**Bowling:** Practice commences earlier than other sports; you start up Thursday, November 16th (tentative). Coach Leyland is back! You can reach her at [wrleyland@gmail.com](mailto:wrleyland@gmail.com), and make sure to sign up for [Bowling SportsYou](#).

**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](mailto: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](mailto:rsouther@sau17.net), and check out the

## Physical Exams:

The wonderful people at Core Physicians will be sponsoring another night of free athletic physicals this coming Monday, Nov. 6th, here at school. There are a limited number of appointments available by clicking here: [SignUpGenius](#). Huge thanks for Dr. Bernard from Core, and our Athletic Trainer Jen Lussier for arranging this for our kids!

I am happy to answer your questions, help out, whatever!

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

[Boys BB SportsYou](#). Girls' Coach Gray can be reached at [bgray@sau17.net](mailto: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](mailto: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 [kalleyviolettes@sau17.net](mailto:kalleyviolettes@sau17.net), or Coach Maxwell at [smaxwell@sau17.net](mailto:smaxwell@sau17.net). The Track (Winter and Spring) [SportsYou](#) link is back.

# 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](mailto:aleahy@sau17.net)
- Jenna Grossman, School Counselor [jgrossman@sau17.net](mailto:jgrossman@sau17.net)
- Bob Hatzimanolis, School Counselor [bhatzimanolis@sau17.net](mailto:bhatzimanolis@sau17.net)
- Heidi Leavitt, Director of School Counseling [hleavitt@sau17.net](mailto:hleavitt@sau17.net)

## Sanborn District Giving Tree

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# 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.

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# Five ways to help teens grow a reading habit:

1. Start a crossword or NYT Connections challenge.
2. Ask them to read you the news during car rides, or dinner prep.
3. Use their interests to find magazines or web pages they will connect with
4. Download your library app on devices.
5. Read what their school or friends are reading

# 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

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## Classroom and Co-Curricular Happenings:

### Spanish Club Continues!



By: Sarah Bufano

The Spanish Club welcomes new members! Currently, there are 20 members in the Spanish Club including: Alaura Gates, Vivian Flynn, Katie Stocker, Cooper Russell, Carlos Salinas, Matt Nigrelli, Chris Walker, Santino Harding, Johnny Gills, Emma Gillis, Isaiah Matis, Nick Rimas, Alex Rogers, Mackenzi Figueroa, Lexi Guy, Paige Lunnah, and Grace Gadway.

At the end of last year, the group voted on their board members. They were sad to hear that their president, Zinnia Hopkinson, had switched schools before the start of this term. Spanish Club welcomes Emma Gillis as their new president and Vivian Flynn as their secretary! Vivian took

Emma’s previous role as secretary while Jacob Gonzalez remains the Vice President and Katie Stocker remains the treasurer.

**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**.

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**SRHS KEY CLUB  
THANKSGIVING FOOD DRIVE**

**PICK UP DATE: NOV. 15**

**DROP OFF: SRHS MAIN OFFICE**

**PURCHASE THROUGH HERE!**

**DONATED FOOD WILL BE USED TO CREATE THANKSGIVING BASKETS FOR FAMILIES INVOLVED WITH END 68 HOURS OF HUNGER AND IN CONNECTION WITH LOCAL FOOD PANTRIES!**

**LINK TO REGISTRY:**

**SRHS- Thanksgiving Baskets**  
Buying in store?  
walmart.com

**THE GIFT CARDS WILL BE THE HARDEST TO COLLECT AT THE SCHOOL. HAVING COMMUNITY MEMBERS PURCHASE THEM THROUGH THE REGISTRY IS PREFERRED AND WILL BE GREATLY APPRECIATED TO ROUND OUT THE BASKETS FOR THE TURKEY.**

**Daughters of the American Revolution Essay Contest**

The Daughters of the American Revolution are holding an essay contest for students in grades 9-12. Please [CLICK HERE](#) for more information. Reach out to Historian Stephanie Comley with any questions: [Stephaniecomley8@gmail.com](mailto:Stephaniecomley8@gmail.com).

# Stay Connected

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