



SANBORN REGIONAL MIDDLE SCHOOL

Weekly Newsletter

*A newsletter that promotes our core values of
Self Directed, Perseverance, Inspiration, Responsibility,
Independence, and Tolerance*

November 5, 2023

Sanborn Regional Middle School

17 Danville Road, Kingston, New Hampshire 03848

(603) 382-6226

www.sau17.net



Visit Our Website

2023-24 SRSD Calendar

Past Newsletters

SRMS Facebook

Join the SRMS Boosters

SRMS Athletic Update

SRMS Bus Routes

Grading & Reporting Manual

Student Handbook

Homework Links

6th Grade

7th Grade

8th Grade

Please note that the homework assignments posted on these links are subject to change and may be updated on a daily basis. If students have any questions about an assignment, they should email or see their teacher.

Dear Students and Families,

We hope that everyone had a nice weekend and enjoyed an extra hour of sleep on Sunday morning. Over the next couple of weeks, we have several events occurring at the middle school as well as a couple of days with no school. Please see the Important Upcoming Events information below.

Important Upcoming Events
Tuesday, November 7th: No School for Staff Professional Development Day
Wednesday, November 8th: Boys and Girls Basketball Tryouts Start
Thursday, November 9th: Parent Teacher Conferences at SRMS 2:30-5:30 (additional information is provided below)
Friday, November 10th: No School - Veterans Day (observed)
November 13-17th: Spirit Week at SRMS (Monday: Sports Jersey Day; Tuesday: Twin/Group Day; Wednesday: Color Day; Thursday: Crazy Socks & Crocs Day; Friday: Comfy Day)
Tuesday, November 14th: SRMS Fall Sports Awards Assembly in auditorium 5:30-6:30
Tuesday, November 14th: SRMS Boosters in library at 6:30. All are welcome.
Thursday, November 16th: Parent Teacher Conferences at SRMS 2:30-5:30

Athletic Update - Over the next couple of weeks, we are transitioning from fall to winter sports. As is noted above, boys and girls basketball tryouts begin this Wednesday. For more information about winter sports, please see page 3 below. Also, the ***Fall Sports Awards Assembly*** for the middle school will be November 14th at 5:30 in the auditorium.

Parent Teacher Conferences at SRMS - Parent Teacher Conferences will be held on Thursday, November 9th and Thursday, November 16th from 2:30-5:30 each day. For core academic classes, conferences will be 10 minutes in length, and families will meet with one-half of your student's grade level team. Our reason for splitting the grade level teams in half is to offer twice as many conferences (72 versus 36 over the 2 days). Although you will not see all of your child's core academic teachers, the teachers will be prepared to share feedback with you for all classes. In addition, you may have an opportunity to meet separately with your student's Unified Arts (Art, Music, Wellness, etc.) teachers. Since many of our UA teachers are shared staff and teach in both the high school and middle school, they will not be available for the full 6 hours of conferences.

To sign up for parent-teacher conferences, please call the middle school main office at (603) 382-6226 during school hours (8 am - 2 pm) on Thursday, November 2nd, Friday, November 3rd, or Monday, November 6th. If you call and leave a message, please know that until you get a confirmation from us, your meeting time is not scheduled.

To all the Veteran's in our community, thank you for your sacrifice and bravery in serving our country. We appreciate your service to our country.



Have a great week!

Matthew Malila Jay Trafton

SRMS Principal SRMS Assistant Principal

A Message From the Sanborn Athletic Office about Winter Sports

Winter sports are 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](#), and practice, bus, and game change information communicated exclusively via SportsYou. See team-by-team info below on how to sign up.

Middle School: Basketball for Boys and Girls will begin November 8th (Wednesday). Boys' team tryouts will begin at 2:30 in the Big Gym here on the MS / HS campus, ending around 4:00. Girls' tryouts will be from 5:00 - 6:30. Both teams will hold tryouts on Wednesday and Thursday, with the day off on Friday. *Boys will have a pre-season meeting Monday, Nov. 6, at 1:50 pm.*

Cheer will begin after the HS season is over; likely just after Thanksgiving. Please sign the kiddos up, and we'll be in touch.

SportsYou accounts for MS teams, including schedules, will be shared with parents once teams are set.

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!

Dr. Bob Dawson

Asst. Principal, Athletic Director
rdawson@sau17.net 603-765-4552

A Message From School Counseling

Fentanyl Dangers In the News

Lately in local and regional news media, there have been articles and warnings addressing a critical issue that is increasingly impacting adolescents across the nation at an alarming rate, including here in our state: the misuse of fentanyl. Fentanyl, a potent synthetic opioid, is up to 100 times stronger than morphine. It is a prescription drug used primarily for severe pain, such as in cancer patients. However, illicitly produced fentanyl has recently flooded the drug market and is often mixed with other drugs, unbeknownst to users. Accidental ingestion can lead to serious health risks, including overdose and death.

What is Fentanyl?

Fentanyl is a synthetic opioid 50-100 times more potent than morphine. It is a prescription drug used primarily to treat severe pain, but it has found its way into the illicit drug market, often mixed with other drugs such as cocaine, methamphetamine, and even counterfeit prescription pills. This makes it deadly, as most users are unaware of its presence. It is important to understand that youths in our communities may be interacting with what they believe to be prescription pills, cocaine, Moly or other drugs, which contain certain risks, while invariably ingesting substances that have been laced or comprised of a mixture of fentanyl, which raises the risk of overdose or death.

Recognizing the Warning Signs

Understanding the signs of Fentanyl use can be the first step in ensuring your teen's safety.

These signs may include:

1. Changes in behavior: This could include sudden mood swings, changes in friend groups, loss of interest in activities they once enjoyed, or unusual secrecy.
2. Physical Symptoms: Noticeable symptoms include drowsiness, slow or shallow breathing, small "pinpoint" pupils, nausea or vomiting, and a decline in personal hygiene.
3. Presence of drug paraphernalia: Look out for spoons, plastic baggies, or unusual pills.
4. Financial changes: Unexplained need for money or valuable items missing from the home can indicate a potential substance abuse issue.

Prevention and Safety Precautions

1. Open Communication: Begin by having an open dialogue with your teenagers about the risks and realities of drug use. It's vital that they understand the unpredictability and extreme danger of consuming substances, especially those bought illegally. Teach them never to take other people's prescriptions and to know that Fentanyl contamination is becoming increasingly more common in illicit drugs that they may receive from a friend or acquaintance.
2. Proper Disposal of Prescription Medication: Ensure unused or expired medications are disposed of properly. Don't leave them where they can be misused.
3. Stay Informed and Be Vigilant: Stay updated on the latest drug trends and keep an eye out for any changes in your child's behavior.

For more information and tips on talking to your teens about the risks they face, go to

<https://nosafeexperience.org/>

The Giving Tree - Holiday Gift Assistance Program

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. With this in mind, our district is offering a Holiday Gift Assistance Program: The Giving Tree

If your family could benefit from this program, please fill out the form provided below. (Please note that a separate form must be completed for EACH child). 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.

[Click Here For the Sanborn Giving
Tree Sign Up Form](#)

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.

Warmest holiday wishes,

Sanborn School District

End 68 Hours of Hunger



Dear Parents and Guardians,

The Sanborn Regional School District partners with *End 68 Hours of Hunger*, a local nonprofit food program whose mission is to help families in need feed their children over the weekend. This program helps provide students with extra meals from Friday evening through Sunday evening, helping them be better prepared to come to school on Monday morning nourished and ready to learn. All food is non-perishable and easy to prepare. We collect food items for *End 68 Hours of Hunger* at all schools to support our local families. *Please note that this is a non-profit organization and not a District sponsored program.*



If you feel this is a program from which your child could benefit, please fill out the permission slip below, and return to your child's school counselor! Your child will receive a bag of food on Friday afternoons.



If you have any questions, please contact any of our counseling staff.

Bakie counselors:

Angelica Gardella agardella@sau17.net and Sue Petela spetela@sau17.net

Memorial counselors:

Rachel Nippert: rnippert@sau17.net and Amy Collins acollins@sau17.net

Middle School counselors:

Kara Byrne: kbyrne@sau17.net and Tiffany Fabiano: tfabiano@sau17.net

High School Director of Counseling:

Heidi Leavitt: hleavitt@sau17.net

District Social Worker:

Kara Prah: kprahl@sau17.net



Permission to Participate in Weekend Food Program:

I give permission for my child _____ to participate in the End 68 Hours of Hunger Food Program. I understand that my child will receive a bag of food each Friday afternoon.

Parent Signature

Date

Check One: Send home with student Parent pick up





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.

November is Gratitude Month!

Research has shown that consciously practicing gratitude can reduce feelings of stress and anxiety. Practicing gratitude is also a great protective factor. This protection can help in a variety of circumstances, including mental health challenges like depression and anxiety, or substance use challenges. [Learn more!](#)

Check out our upcoming free Community Screening and Panel Discussion open to the public! Registration is requested. Click on the poster to learn more about the films and watch the trailers.

SCREEN AGERS **NEXT CHAPTER**
UNCOVERING SKILLS FOR STRESS RESILIENCE

ADDRESSING
YOUTH MENTAL HEALTH
IN THE DIGITAL AGE
FREE SCREENING & PANEL DISCUSSION
NOVEMBER 7th
6:30 PM
Timberlane
Performing Arts Center (PAC)

ENJOY LIFE IN A NATURAL STATE
SoRock
Coalition for Healthy Youth
SoRockNH.org

SOUTH CENTRAL NH PUBLIC HEALTH NETWORK
The healthiest and safest communities in New Hampshire
AN INITIATIVE OF GRANITE UNITED WAY

Follow [@sorocknh](#) on FB to stay informed. If you have questions in the meantime visit [sorocknh.org](#), [drugfreenh.org](#) or reach out to me at sorocknhcc@gmail.com We want to hear from you, how can we help?

The SoRock community needs assessment survey results identified mental health and substance use as the top community concerns in 2021-2022. [Take the 2022-2023 survey here!](#)

Attention Boosters/PTA/PTO and other parent or community/civic groups. **SoRock wants to talk with you!** We would love to attend your meeting to tell you a little more about us, discuss parenting for prevention and find out how we can support you in the community! Please send an email to sorocknhcc@gmail.com to set something up.

[Learn more about Suicide Risk factors, protective factors, and warning signs](#)

Need Help Now? Dial **988** or call [New Hampshire Rapid Response Access Point](#) Call/Text 833-710-6477 or [Chat Now](#)

Are you a Parent in Recovery? [Children Learn a Lot from Your Recovery!](#)

Need Help with Your Recovery? [Click Here for NH Recovery Support Resources](#)

Are you impacted by the substance use of a loved one? [Find support here](#) and [here](#)

Remember, we are here for all ages. Supporting the wellness of the community across the lifespan is the only way to ensure healthy youth!

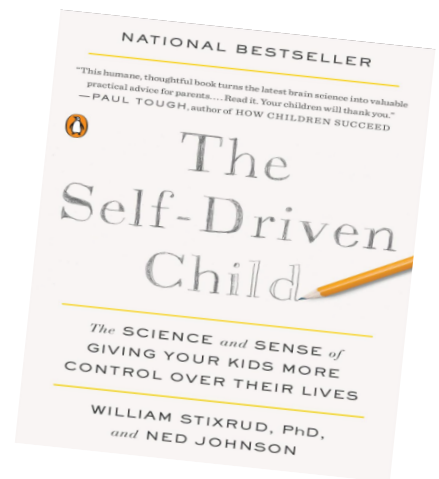
SoRock always has FREE resources for the community. Locking medication boxes, Rx disposal pouches, keyed firearm trigger locks, Overdose prevention kits including Narcan & Fentanyl test strips. Parent and relative caregiver resources/prevention power packets.

Would you like to know more about SoRock, how we operate and what we do?

Email Charlotte Scott, Program Director sorocknhcc@gmail.com or call 603-642-3341 x 1235

SRMS Parent Book Club

I read [*The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives*](#) when my kids were in High School, and all the while I was reading it, I was wishing I'd read it when they were in middle school. The transition that kids go through while in middle school is tremendous, as is the parenting transition we go through during this time. It is a delicate dance of guiding, making sure they are safe, and building mutual trust, while at the same time letting them become more independent. It is incredibly challenging to say the least. I have been wanting to share this book with middle school parents ever since, and here is my opportunity! **I invite you to join me for the inaugural...**



SRMS Parent Book Club!

We will get together in the Sanborn Middle/High School Library on Monday evenings, October 30, November 6, and 13 from 6:30 to 7:30. We'll read and discuss the book over those four weeks, learning from the content of the book, as well as from one another as parents. Kingston Community Library will have multiple copies of the book available to borrow (Newton residents can get a library card there!) if you'd rather not purchase a copy.

I am excited for the opportunity to meet parents in the community as I settle in as a new School Counselor in the district. Please email me with any questions or to sign up at kbyrne@sau17.net.

Thank you so much, and I look forward to meeting you and reading with you.

~Kara Byrne
SRMS School Counselor (A-L)



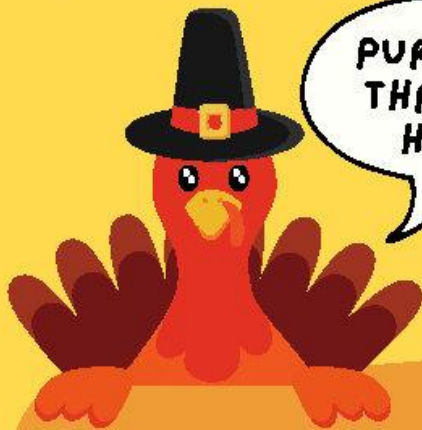


SRHS KEY CLUB THANKSGIVING FOOD DRIVE



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:

	<p>SRHS- Thanksgiving Baskets</p> <p>Buying in store?</p> <p>walmart.com</p>
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**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.**



Food Drive for Children

benefiting End 68 Hours of Hunger

November 1st-30th
Kingston Branch

We don't want the children, the future, of our community to go hungry. That is why our employees are collecting food to donate to End 68 Hours of Hunger, a non-profit organization combating child hunger. Drop off nourishing food for children at the Partners Bank location below, and show our children we care.

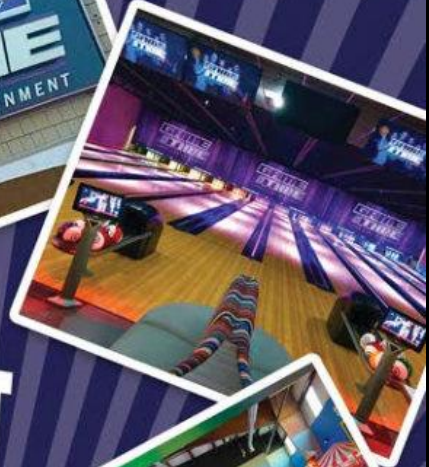
 **Partners Bank**
53 Church St, Kingston, NH

Suggested Items

- Canned Food** ✓
- Breakfast** ✓
- Soups** ✓
- Pasta & Sauce** ✓
- Snack Food** ✓

We Accept Unexpired Foods Only

NOT A SCHOOL SPONSORED EVENT



SANBORN MIDDLE SCHOOL BOOSTERS FUNDRAISER

This is not a SRMS
sponsored event.



THURSDAY JANUARY 11 2024 10AM-10PM

On Thur Jan 11th from 10am-10pm candlepin or ten pin bowl and/or play the arcade games at Gametime Amesbury MA and 25% of participating sales will be donated to the Sanborn Middle School Boosters!

Please let Gametime know you are a fundraiser participant upon arrival

Gametime Lanes & Entertainment 84 Haverhill Rd Amesbury MA gametimelanes.com

Families do not need to bring a flyer to the bowling alley, but mention it when they are there.

A Message From Sanborn Regional School District

Meal Assistance For Students

Dear Parents,

The Sanborn Regional 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 at the following address <https://sanbornregional.linqnutrition.com/FreeReducedApplication.aspx> .
 - 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



A Message from Sanborn Girls Basketball Program



 *Calling all basketball fans and Sanborn Girls Basketball players, Current and Alumni!* 

 Join us for an epic basketball showdown at the Sanborn Girls BLUE/GRAY Game on **November 17th, 2023** from 5:30pm until 8PM at the Sanborn Regional High School Gym! 

 This event is for girls in grades K-12, so spread the word and encourage your friends to sign up! We will have contests between quarters, raffles and skills sessions for youth at halftime. We will have participants divided into age groups by quarters and will keep a running tally of the scores for the game to see which side gets ultimate bragging rights, Blue or Gray! 

 Get ready to groove to the beats of internationally renowned DJ Cliff West, who will be spinning the hottest tracks throughout the game! 

 It's not just about the game, it's about celebrating the Girls Program and Sanborn Community Basketball and giving back to the community. We'll be collecting food donations for our local food pantry, so let's make a difference together. Last year, we collected over 500lbs of food! 

 Interested in being a part of this exhilarating event? Fill out the form below and secure your spot! Plus, if you plan on trying out for the High School Teams, this is a fantastic opportunity to showcase your skills and make a positive impact before the season starts! 

[Click Here to Sign Up for the Girls Blue/Gray Basketball Game](#)

***** Students who sign up before October 26th get a free t-shirt!**

Let's come together, cheer on our amazing teams, and create memories that will last a lifetime! See you on November 17th! For more information about the event, please click the link below.

[Click Here for the Flyer for the Girls Blue/Gray Basketball Game](#)



SANBORN COMMUNITY BASKETBALL REGISTRATION

REGISTER NOW @ WWW.SANBORNCOMMUNITYBASKETBALL.ORG

YOUTH LEAGUE Grades 3-8

Early November - Skills assessment
Mid-November - Team practices begin
December - Games begin grades 5/6 and 7/8
December - Jamboree for grades 3/4
January - Games begin grades 3/4

Registration Fees

\$100 Registration fee
\$39 Reversible jersey (reusable year to year)
\$25 Registration discount after second child

CO-ED SKILLS PROGRAM Grades K-2

Saturday mornings starting in December
Skill sessions and 3 v 3 scrimmages

Registration Fees

\$60 Registration fee (includes reversible jersey)
\$30 Registration fee (no jersey/reuse last year)

***Please email questions to: SanbornCommunityBasketball@gmail.com
Follow us on facebook for more information. This is not a SRSD sponsored event.***

Technology Fun Night - CLVI

Friday, November 17, 2023

6:00 PM – 8:00PM

Place: Seacoast School of Technology

Who: Grade 5 – 9 students

Cost: Voluntary donation of 3 cans of food for local food bank per person. **If you would like to bring more cans, all donations will gladly be accepted.**



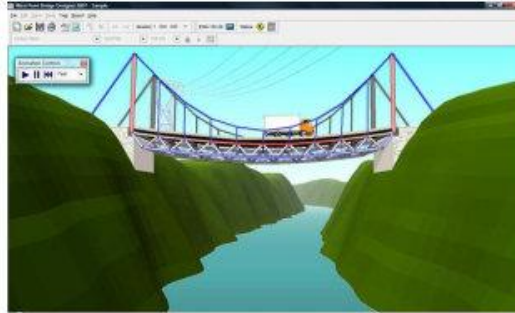
Why: This school year, the Seacoast School of Technology is offering a series of events for students to show just how much fun learning about technology can be.

How to sign up:

Register online @ <https://sst.sau16.org/en-US/technology-fun-nights-f4734f0b>.

Registration opens 8 AM on Tuesday, October 17, 2023. Registration deadline is November 17, 2023. Limited to 25 students on a first come first served basis.

This month the activity involves Engineering. Come learn about building bridges, skyscrapers and rollercoasters. See how much fun being an engineer can be. There will be door prizes.



Any questions, contact Mr. Messa at nmessa@sau16.org or 775.8623

Come join in the fun!!!!