



SANBORN REGIONAL MIDDLE SCHOOL

Weekly Newsletter

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

October 22, 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. This week is **Red Ribbon Week**, which is an annual opportunity for schools to make a visible stand against drugs and to show their commitment to a drug-free lifestyle through the



Red Ribbon Week
October 23 - 27, 2023

symbol of the red ribbon. For more information about Red Ribbon Week activities at SRMS, please see page 3 below. Aside from the activities listed below, SRMS will have an assembly on Tuesday that focuses on the dangers of vaping. Our presenter is Laurie Warnock from Northern New England Poison Control.

Meal Assistance For Students - Historically at Sanborn, participation in the free and reduced meal program hovered around 14 - 16 percent; but it has declined to 7 percent in recent years. Since food insecurity can have detrimental effects on student learning and achievement, the SRSD would like to make our community aware of two areas that can help resolve food insecurity. For more information about these areas, please see page 4 below.

Parent book club - SRMS School Counselor, Ms. Byrne, is starting a Parent Book Club later this month. For more information about the club and the book that was selected, please see page 6 below.

Drama Club - Auditions for the drama club fall production of “A Christmas Carol” are this Tuesday, October 24th from 2:15-4:00 in the SRMS/HS cafeteria. For students who need a ride home, there is a late bus that leaves campus around 4:15.

Fall Athletics

Fall athletics at SRMS are winding down, but we have some teams who made the postseason tournament. On Friday, our girls soccer team defeated Amherst and will now play Hampstead on Monday at 3:30 in the league quarter-finals game. Also on Monday, our field hockey team is playing Amherst at home at 4:00. Good luck to both teams!

[Click Here For SRMS/HS Combined Fall Athletic Schedules](#)



Have a great week!

Matthew Malila Jay Trafton
SRMS Principal SRMS Assistant Principal

RED RIBBON

WEEK!

MONDAY

**LIVE DRUG FREE AND SUPPORT
EACH OTHER**
SIGN YOUR NAME TO A
HEART AT LUNCH AND
GET A BRACELT

TUESDAY

BE SAFE, BE KIND, BE DRUG FREE
WEAR RED
AND HAVE A CHANCE
TO WIN A GIFTCARD!

WEDNESDAY

**CEELEBRATE LIFE & LIVE DRUG
FREE**
TEMPORARY TATTOOS IN
THE CAFETERIA

THURSDAY

BE KIND TO YOUR MIND
SIGN A PLEDGE AND GET
A PIN

FRIDAY

HEALTHY CHOICES
ADD YOUR HEALTHY
CHOICE & GET A
BRACELET



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 School Counseling

Discussing the News and Other Scary Topics with Teens

In early October, our students may have started asking questions about the tragic and scary events taking place in Israel and Palestine. On the news, on their phones or through word of mouth, they may have seen and heard of the atrocities, violence, and upheaval that kids, adults and the elderly are enduring...and they may have a hard time grappling with their questions about why this is occurring and worrying over their own safety.

Because of smartphones and social media, our teens often know breaking news before we do, which leaves us as mentors, parents, and moderators, to help them understand the issues in an age-appropriate way, and to allay any unfounded, or obtrusive fears they have that will impact their daily activities.

Some things to consider when answering their questions are:

- Find out what they know, or think they know first.
- Assist them in sorting out any misinformation, or heavily opinionated sources.
- Listen to their concerns and let them know that though the situation is affecting lives, they are safe and are not in danger.
- Engage their interest and concern, but do not encourage them to indulge their fears with too much information or time spent on the subject.

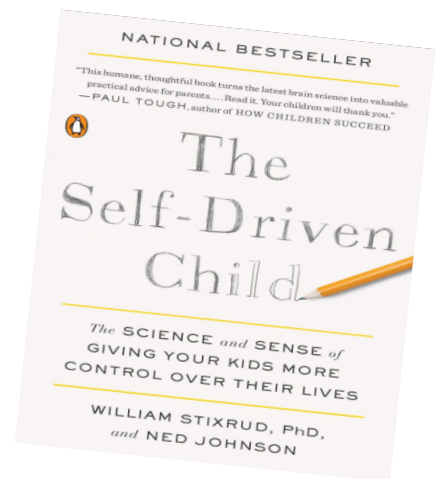
The New York Times has created a great teaching resource of writing, videos and podcast excerpts you can use to work through this event. Find that [HERE](#). I have also included a [podcast for adults](#) on the topic of how you can approach the topic with kids from NPR.

Helping our students understand these events without the fog of propaganda and opinion, and adding context they can use to understand and make sense of the events are our priorities, second to helping them see that they are safe from the dangers they are seeing or feeling. Our teens have been experiencing mental health crises at unprecedented levels since the beginning of the pandemic, and news of a potential world war certainly doesn't help. If your teen is feeling seriously depressed and/or anxious, please contact 988 and your school's counseling team.

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)



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: kpahl@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: WELCOME BACK SANBORN!

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.

The month of October signifies National Substance Misuse Prevention Month — a time for communities to come together as partners in prevention. This month is also a time to acknowledge those in recovery, as well as children, parents, family, and friends supporting them.

The last week of October is Red Ribbon Week. Stay tuned for RRW happenings!

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](#)

Check out our upcoming free Community Screenings and Panel Discussions open to the public! Registration is required. Click on the posters to learn more about the films and watch the trailers.

FREE screenings of award-winning films

Oct 24

SCREENAGERS UNDER THE INFLUENCE

RED RIBBON WEEK

ADDRESSING VAPING DRUGS & ALCOHOL IN THE DIGITAL AGE

Register



FREE screenings of award-winning films

Nov 7


ADDRESSING MENTAL HEALTH IN THE DIGITAL AGE

SCREENAGERS NEXT CHAPTER

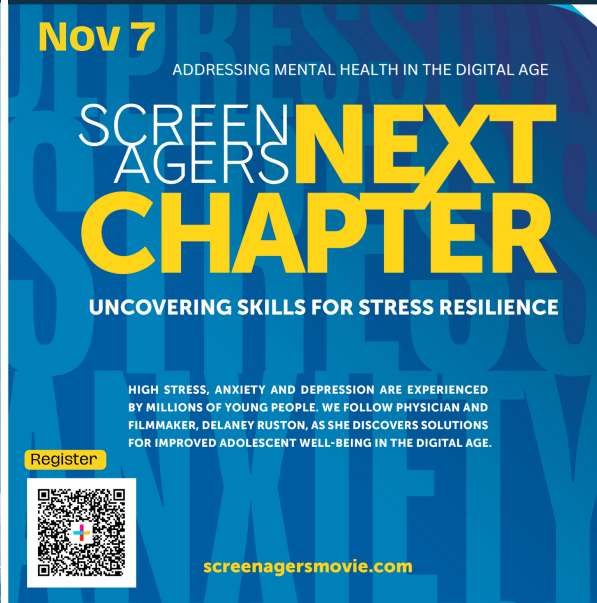
UNCOVERING SKILLS FOR STRESS RESILIENCE

HIGH STRESS, ANXIETY AND DEPRESSION ARE EXPERIENCED BY MILLIONS OF YOUNG PEOPLE. WE FOLLOW PHYSICIAN AND FILMMAKER, DELANEY RUSTON, AS SHE DISCOVERS SOLUTIONS FOR IMPROVED ADOLESCENT WELL-BEING IN THE DIGITAL AGE.

Register



screenagersmovie.com



SOUTH CENTRAL NH PUBLIC HEALTH NETWORK
The Partnership and Shared Commitment to Your Well-being
AN AFFILIATE OF GRANITE UNITED WAY

6:30-8pm
Timberlane PAC
40 Greenough Rd, Plaistow



SOUTH CENTRAL NH PUBLIC HEALTH NETWORK
The Partnership and Shared Commitment to Your Well-being
AN AFFILIATE OF GRANITE UNITED WAY

6:30-8pm
Timberlane PAC
40 Greenough Rd, Plaistow

Follow [@sorocknh](#) on FB to stay informed. If you have questions in the meantime visit sorocknh.org, drugfreeh.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](#)

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



TRUNK OR TREAT

AT KINGSTON REC

Monday, October 23rd
6 P.m. - 8 P.m.

HAUNTED WALK

BONFIRE WITH SMORES

TREATS & ACTIVITIES

...OVER 25 TRUNKS!

PARKING IN
DRAFT HOUSE LOT

NOT A SCHOOL
SPONSORED EVENT

All 
American

ASSISTED LIVING
AT KINGSTON

INVITES YOU TO

**TRICK
OR
TREAT**

28TH OF OCTOBER

1:30PM-3:00PM

CANDY AND PHOTO
OPPORTUNITY WILL BE
PROVIDED!!!

PLEASE CONTACT LAURIE SIENKO WITH QUESTIONS
LSIENKO@ALLAMERICANATKINGSTON.COM



603.347.5522



NOT A SCHOOL SPONSORED EVENT







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.**

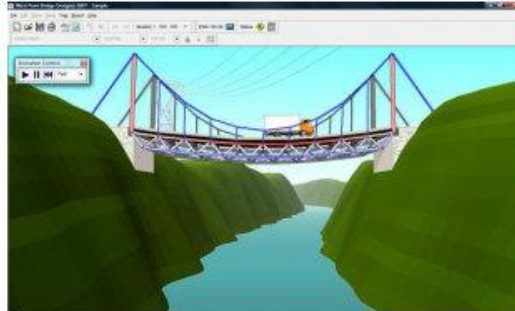


Why: This school year, the Seacoast School of Technology is offering a series of events for students to show just how much fun learning about technology can be.

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!!!!