



SANBORN REGIONAL MIDDLE SCHOOL

Weekly Newsletter

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

September 24, 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

Dear Students and Families,

We hope that you all had a nice weekend. This week brings our first round of testing as all students at SRMS will be taking the *NWEA assessments in Math (Wednesday) and Reading (Thursday)* with make ups occurring on Friday. These two assessments will be given at the start of the school day and will take approximately two hours. To help ensure that your child is ready for the assessment, please encourage them to bring their fully charged Chromebook to school, get a good night's sleep, and have breakfast at home or school.

Regarding the NWEA, please note that it is not a State assessment, but an assessment that the district has been using for years to measure student achievement and growth K-12 in English Language Arts and Mathematics. The results will be used by teachers and administrators to find areas of need among our students, identify students who could benefit from intervention, and determine which classroom instructional practices are creating the most academic growth. Students are encouraged to try their best on these assessments so we get reliable data and can use it to address any areas of need among our students. The NWEA will be given a second

time in the winter and parents/guardians will be provided the results of these assessments at that time. For more information about the assessment, please click the link below.

[NWEA Assessments](#)

Attention 7th Grade Parents/Guardians - Upcoming Field Trip

On Friday, September 29, the seventh grade will be taking a field trip to Camp Lincoln. We will be enjoying team building activities including challenging games/obstacles, high ropes battles, rock climbing, and archery competitions. The buses will pick up at approximately 8:45 am and bring us back to the building at roughly 1:45 pm.

The cost is \$10 per student and students need to bring a bag lunch or request one from our cafeteria. Students will be receiving drawstring backpacks with "goodies" prior to the trip courtesy of SoRock Coalition for Healthy Youth and their Program Director, Charlotte Scott. Please be on the lookout for the field trip permission form and Camp Lincoln's Challenge Course release form. These forms were given to the students on Monday, September 18th.

If you have concerns about the cost of the trip, please contact Matt Malila, SRMS Principal. Any other questions or concerns, please contact Shelley Begin, Grade 7 Team Leader.

Fall Athletics

The middle school fall sports season is in full swing. To view athletic schedules, please see the link below.

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

Have a great week!

Matthew Malila Jay Trafton

SRMS Principal SRMS Assistant Principal

A Message From School Counseling

Sharing Your Concerns About Underage Drinking with Your Teen

According to health experts, 60 percent of teens have had at least one alcoholic drink by age 18. In fact, according to the 2020 National Survey on Drug Use and Health, “In 2020, 4.1 million young people reported binge drinking at least once in the past month.” Research shows that teenage drinking poses serious health and safety risks.

Share these facts with your teen:

- Teens who start drinking before the age of 15 are twice as likely to become addicted as those who wait until they are 21. Students who drink are also much more likely to commit suicide.
- Alcohol increases impulsive behavior and provokes teens to make decisions that can lead to serious injury or death.
- Underage drinking increases teens’ risk of physical and sexual assault.

So, what can parents do? Check where your teen is going and with whom. If there is a party, find out if there will be adults present and if alcohol will be served. Remind your teen never to get into a car with someone who has been drinking. Develop a code your teen can use when calling you that means “Please come get me!” Watch your teen carefully for signs of depression. Sometimes, teens use alcohol to medicate themselves.

For more information on talking with your teen about alcohol and other drugs, visit www.underagedrinking.samhsa.gov and www.samhsa.gov.



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.

September is National Recovery Month and National Suicide Prevention Month!

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](#)

[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](#)

Parent Workshop Registration Now Open!

NH Teen Institute presents:

Staying Connected With Your Teen

FREE 6-part workshop series for parents/caregivers of youth 12-17 y/o

TOPICS INCLUDE:

- Changing Family Relationships
- Solving Problems as a Family
- Communicating with Your Teen
- Raising a Responsible Teen
- Supervising Without Invading

Tuesdays Sept. 26, Oct 3, 10, 17, 24, and Nov 7th
6:30-8:30pm
at the YMCA in Plaistow

Scan QR code to sign up!

visit our website to learn more:
nhteeninstitute.org/staying-connected-with-your-teen



Free Upcoming Community Offerings Coming Soon (Dates TBD)

Make sure you follow SoRock NH on social media to stay informed!

[SCREENAGERS NEXT CHAPTER: MENTAL HEALTH IN THE DIGITAL AGE](#)

[SCREENAGERS UNDER THE INFLUENCE: VAPING DRUGS & ALCOHOL IN THE DIGITAL AGE](#)

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.

If you or someone you care about is having a mental health crisis, contact the [NH Rapid Response Access Point](#) for over the phone support with referrals to outpatient services, or to have a Mobile Crisis Response Team (MCRT) come to you.

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

Technology Fun Night - CLV

Friday, October 13, 2023

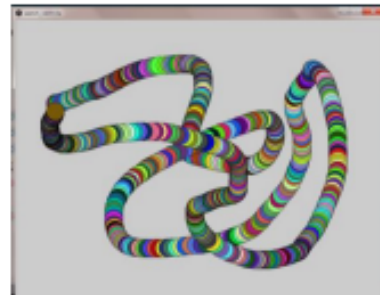
6:00 PM – 8:00PM

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, September 19, 2023. Registration deadline is October 12, 2023. Limited to 25 students on a first come first served basis.

This month we will be learning about computer programming with Alice, Scratch, and Processing. There will be door prizes.



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

Come join in the fun!!!!

Learn at your pace.



Exeter Adult Education Classes FALL 2023

Academic Skills and High School Equivalency Preparation

FREE classes to improve confidence and skills in math, reading, and writing for employment and test taking. Exeter Adult Education is a HiSET® Testing Center.

DAY CLASSES

Starts 9/11/23
Mon Wed and Fri
9 am – 12 pm

EVENING CLASSES

Starts 9/11/23
Mon and Thurs
6:30 – 9 pm

NEW STUDENTS: Please call our office at 603-775-8457 to register by appointment. Enrollment is ongoing throughout the semester.

English for Speakers of Other Languages – ESL

FREE classes to improve English speaking, listening, reading, writing, grammar and pronunciation. **In-person and remote instruction available.**

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Starts 9/11/23
Mon Wed and Fri
9 – 11 am

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Starts 9/11/23
Mon and Thurs
6:30 – 9 pm

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Adult High School Diploma Classes

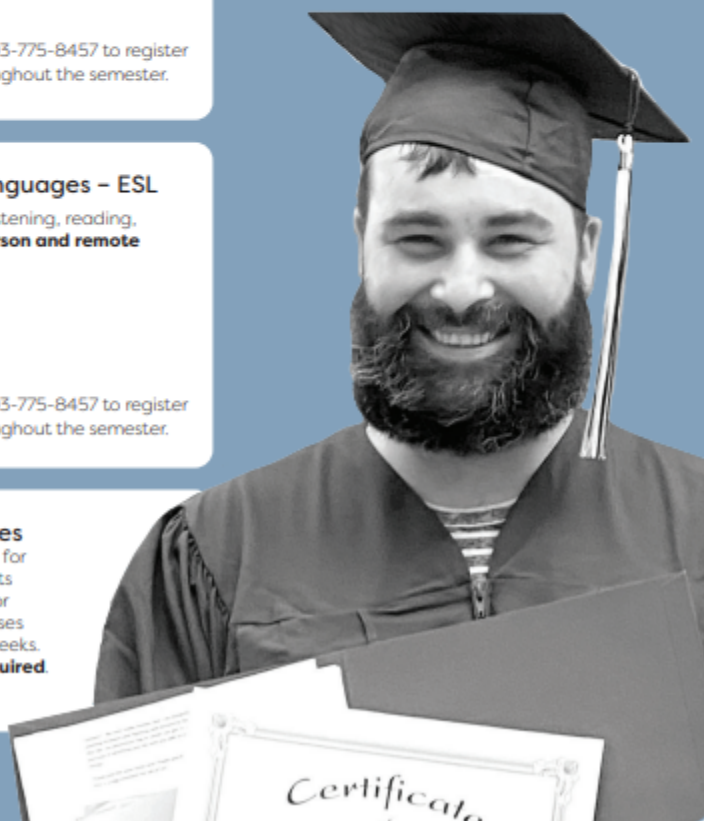
Evening high school credit courses available for adults needing to complete the requirements for a high school diploma or for a refresher or college preparation (including Biology). Classes begin 9/7/23 meet one night/week for 15 weeks.

Appointment for course registration is required.
Limited scholarships available.

30 Linden Street, Exeter, NH 03833
603-775-8457 AdultEd.sau16.org

“Because of the caring staff and teachers who do anything to help, I got my HiSET® with great scores.”

Gene T.
HiSET® Student



List of Enrichment Courses on Reverse Side

Community Education/Enrichment Program

For complete course descriptions, class times and fees, visit AdultEd.sau16.org

Computer/Technology

Technology Literacy for Apple Device Users **NEW**
10.3 - 11.14 | 6 - 8 pm
Accounting & Bookkeeping Basics with Quickbooks
9.25 - 11.6 | 6 - 7:30 pm
Smartphone & Tablets 12.19 | 6 - 8:30 pm

Health & Wellness

Ballroom Dancing 9.25 - 11.20 | 6:30 - 7:30 pm & 7:30 - 8:30 pm
Heartsaver Adult CPR/AED 10.5 & 11.9 | 6 - 9 pm
Introduction to Latin Dance 9.26 - 11.14 | 6:30 - 7:30 pm
RAD Instructional Course 10.5 - 10.19 | 5:30 - 8:30 pm **NEW**
Sound Sleep 11.2 | 6:30 - 8:30 pm
Yin Yoga Nidra (hybrid) 9.26 - 11.14 | 6:15 - 7:30 pm **NEW**

Personal Development Courses

Beginning Guitar 9.18 - 11.13 | 6 - 7 pm
Estate Planning 9.28 | 6 - 7:30 pm
Exploring the Mythic Hero Journey 9.27 | 1 - 3:15 pm or
10.3 | 6 - 8:15 pm **NEW**
Get Ready to Move 11.9 | 6 - 8 pm **NEW**
How to Choose the Right Medicare Plan 10.24 | 6 - 7:30 pm **NEW**
How to Invest Your 401K, IRA & Other Investments
10.23 - 10.30 | 6 - 8 pm
My Dying "To Do" List 10.12 | 6 - 8 pm
Mythologies of the World 10.10 - 11.14 | 6 - 8 pm **NEW**
Understanding the Old Testament-Ten OT Parables 9.26 - 11.28 |
7 - 8 pm
Social Security Essentials 10.17 | 6 - 7:30 pm
Solopreneur: Basics for Starting a New Business 12.7 | 6 - 8 pm
Ukulele Band 10.3 - 11.21 | 6 - 8 pm

Tutoring Program

Offers adults **FREE**, confidential, one-to-one or small group instruction in reading, writing, math, high school equivalency prep and ESL. **For tutoring or to volunteer as a tutor, contact the Coordinator at 603-775-8458**

Cooking

Thai Cooking 9.28 - 10.12 | 6 - 9 pm **NEW**
Fill the "Fridge"- Farm to Table Themed Recipes for Exeter
Community Fridge 10.26, 11.2 & 12.7 | 6 - 8:30 pm **NEW**

Language

Basic Italian I 10.16 - 12.18 | 5:30 - 7 pm
Basic Italian II 10.16 - 12.18 | 7 - 8:30 pm
Chinese Language & Culture for Beginners 10.3 - 11.7 | 6 - 8 pm **NEW**
Evening Beginner Spanish / Level 1 10.16 - 12.4 | 5:30 - 7:30 pm

Hand Craft

Acrylic Painting for Beginners/Intermediates 10.16 - 11.20 | 6 - 8 pm
Art & Science of Drawing 10.2 - 11.27 | 6 - 8 pm
Beginning Watercolor 10.3 - 11.21 | 6 - 8 pm
Bracelet Making 11.30 | 6 - 8 pm **NEW**
Calligraphy for Beginners 9.25 - 11.6 | 6:30 - 8:30 pm
Crocheting for Beginners 10.3 - 11.7 | 6 - 8 pm
Crocheting for Intermediates 11.14 - 12.19 | 6 - 8 pm
Drawing Workshop for Intermediates 10.3 - 11.21 | 6 - 8 pm **NEW**
Gift Tags & Boxes 12.5 | 5:30 - 8 pm **NEW**
Gnomes & Tiny Santa Craft 10.19 | 6 - 9 pm
Hand Sewing & Embellishments 11.27 - 12.11 | 6 - 8 pm **NEW**
Open Studio with Watercolors 11.13 - 12.18 | 6 - 8 pm
Polymer Clay For Jewelry 11.6 - 11.20 | 5:30 - 8 pm
Pressed Flower Glass Frames 11.16 | 6 - 8 pm **NEW**
Silk Scarf Design Painting 11.28 | 6 - 8 pm
Soy Candle Making Workshop 11.28 & 12.11 | 6 - 9 pm
Tiny Box Collages 11.14 | 5:30 - 8 pm **NEW**
Watercolor Pencil 10.16 - 11.6 | 6 - 8 pm
Watercolor and Wax 12.5 | 6 - 8 pm **NEW**
Wire Tree Art 9.26 | 6 - 8 pm **NEW**

Navigating Career Change at Any Age

Mon, 11.13 from 6:30-8 pm. Class is **FREE**. Choosing or changing a career is an important undertaking and can be difficult to navigate. Exeter Adult Education can support adult learners in the assessment of their skills and needs in order to best align those with job opportunities in our region.

Call (603) 775-8457 or register on our website at AdultEd.sau16.org under Enrichment classes tab.

Questions? Call us 603-775-8457

For complete course descriptions, times and fees: AdultEd.sau16.org



30 Linden Street, Exeter, NH 03833

A proud partner of the [americanjobcenter](http://americajobcenter) network

Course space is limited. Must be at least 18 years old to enroll in enrichment classes. If a course is cancelled or full, students will be notified; otherwise, students WILL NOT receive notification of enrollment and should attend the first class. Refunds will not be given unless a course is cancelled. Courses are open to residents and non-residents of Exeter. Minimum enrollment required.

It is the policy of the ERCSD School Board that there will be no discrimination on the basis of age, race, creed, color, religion, marital status, sexual orientation, national ethnic origin, economic status, or disability for employment in, participation in, admission/access to, or operation and administration of any educational program or activity in the School District.
Not School Sponsored