



SANBORN REGIONAL HIGH SCHOOL

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

A newsletter that promotes our core values of

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

October 2nd, 2022

Sanborn Regional High School

17 Danville Road, Kingston, New Hampshire 03848
(603) 642-3341

www.sau17.org

*Proud recipient of the
2018 NH Excellence in Education Award*



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Sanborn Portrait of a Graduate

The Sanborn Way

Join Our Email List

2022-2023 SRHS Calendar of
Events

Contact Tech Support

Daily Announcements

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Student Job Board



RECEIVE TEXT UPDATES
FROM OUR SCHOOL:

Opt-In from your
mobile phone now!



Just send "Y" or
"Yes" to 67587

Greetings Sanborn Students and Families,

Fall is in the air here at Sanborn. Staff and students have been busy in the classrooms and with extracurricular activities. With Homecoming underway, students have been planning and creating banners, bulletin boards, and skits. We look forward to the week ahead. Here are some other updates and important dates:

ALICE Training:

On Wednesday, September 28th, staff and students took part in an ALICE scenario discussion based on our [ALICE protocols](#) in the event that there was a threat inside or outside of the building. The teachers and students were given a scenario to consider and then discussed how they would respond following their ALICE training.

Important Upcoming Dates:

Monday, October 3rd - Thursday, October 6th:

Homecoming Week at SRHS

Friday, October 7th:

Professional Development Day - No School for Students

Saturday, October 8th:

Homecoming

Monday, October 10th:

Columbus Day - No School

Wednesday, October 12th:

PSAT Day grades 9-11

College and Career Exploration Day
grade 12

Thursday, October 13th:

Academic Awards Night

If you have any questions please reach out.



HOMECOMING 2022

SCHEDULE OF EVENTS

School Spirit Days:

- Friday 9/30: Sanborn Pride Day
- Monday 10/3: Age Swap (Upperclassman Dress like toddlers, Underclassman Dress Elderly)
- Tuesday 10/4: Adam Sandler Day
- Wednesday 10/5: Soccer Mom Vs Grill Dad (anyone can dress as either)
- Thursday 10/6: Color Day - Seniors Black, Juniors White, Sophomores Grey, Freshman Blue

Events for Thursday, October 6 Pep Rally:

- Parade on Campus, 12:10
- Class Skits, 12:00-2:00:
- Class Competition Sports 12:00-2:00:
- Champion Crowning 2:00:

Events for Saturday, October 8:

- Boys Varsity Soccer v Bow, 10:30 AM Home
- Girls Varsity Soccer v Raymond, 12:15
- Girls JV Soccer v Raymond JV after Varsity Game
- Varsity Football vs Pembroke: 1:30 PM Home
- Varsity Cheer @ Football Game

- **Class Council Food Tents 12:00-5:00**
- Homecoming Dance and Bonfire 7:00-10:00 (HS Students & HS-Age Guests Only)



Yours Always,

Jennifer Michitson, Dr. Robert Dawson, Nichole O'Brien, Heidi Leavitt, and Timothy Westphal



Jennifer Michitson
Principal



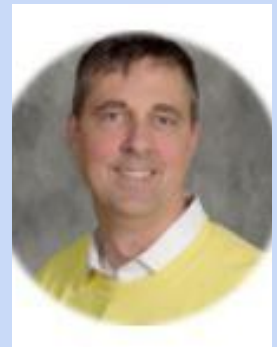
Dr. Robert Dawson
Assistant Principal
Athletic Director



Nichole O'Brien
Assistant Principal
Curriculum



Heidi Leavitt
Counseling Director



Timothy Westphal
Assistant Principal

Homecoming Dance:

DANCE
Homecoming

OCTOBER 8 2022
Dance starts at 7 PM
Dance ends at 10 PM
DJ FLEX

**DJ FLEX
LIVE**

ENTRY \$10	IN THE CAFETERIA	BONFIRE OUTSIDE
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Athletic Happenings this Week:

Monday, Oct. 3

Field Hockey home v Pelham - **Senior Day!**, 4:00 / 5:30
JV Football @ Kennett, 4:00
Golf @ Stevens with ConVal, John Stark, 3:30
Girls Soccer home v Manch. West, 4:00

Tuesday, Oct. 4

Boys Soccer home v Merrimack Valley, 4:00 with JV's after

Wednesday, Oct. 5

Field Hockey @ Hollis-Brookline, 5:30 JV's, 7:00 Varsity

Thursday, Oct. 6

Girls Soccer @ Raymond, 4:00



Sydney O'Toole '24
Leading D-3 in Goals



Austin Ingersoll '24
New Sanborn record rushing
for 285 yds v West!

Friday, Oct. 7

Field Hockey home v Bow, 3:30, Varsity only

Saturday, Oct. 8 - Homecoming Day!!

Boys Soccer home v Bow, 10:30
Girls Soccer home v Raymond, 12:15
Football home v Pembroke, 1:30
Cheer home w/Football, 1:30

If you have any questions please contact Dr. Dawson:
bdawson@sau17.net

School Counseling Update:

The School Counseling Team has been busy meeting with students to make schedule changes and review 504 plans in order to ensure a positive start to the school year for everyone. Now that students seem to be settling into their classes, the counselors will be meeting with every Senior to complete an Intent to Graduate form and a formal credit check. These forms will be mailed home to parents by October 7th. This activity kicks off our Post Secondary Planning time with Seniors.

On October 3rd at 6pm, SRHS will host a virtual presentation by the NH Higher Education Assistance Foundation (NHHEAF) regarding the topic of **Financial Aid**. Here is the [link](#) to register for the

session. Counselors will then be hosting College Labs during FLT to help students with the college search process and to assist with any questions they may have about their applications.

Seniors who are looking for some help with their college essay who may be doing Senior English online or through NECC can email their essays to Mrs. Ryan at jryan@sau17.net. She will take a look at it for you, provide some feedback and then meet with students individually or in small groups to provide some support.

Is your child taking a **Running Start or SNHU** class (statistics, precalculus, chemistry or chemistry 2)? Make sure to have them watch for the deadlines to apply for the college credit. It is a very inexpensive way to earn college credit. However, there are strict deadlines that must be met and we have no flexibility once the deadline has passed.

Finally, looking ahead to October and November, all Freshmen, Sophomores and Juniors will be taking the **PSAT's on October 12th**. This exam gives students the opportunity to take a timed, standardized test and the results can be linked to study plans to focus their attention on the skills they need help with for the SAT they will take as Juniors in the spring. Any student who is testing in the morning and wants to be dismissed after the testing should bring in a note to the main office. The testing takes about 3.5 hours and students will be expected to return to classes in the afternoon if they are not dismissed. Mid Session SST students will be excused from SST in the morning. PM SST and NECC students will be expected to attend their afternoon classes.

Post Secondary Exploration Day for Seniors will be held on October 12th in the morning. Participation in this day is a graduation requirement. Seniors will be given an opportunity to work on their college applications with the school counselors, their college essays with English teachers and resumes/interview skills with other educators. We will also have a financial skills fair and several career speakers available for students to engage with. Mid Session SST seniors will be able to attend SST, PM SST students, internship and NECC students will be expected to attend their programs in the afternoon.

On November 14th, Sanborn and NHHEAF will partner up to host **"I Applied Day"** where students will be able to apply to all NH Colleges and Universities for free! Given that each application can cost anywhere between \$0 and \$100, this event provides a tremendous opportunity for our students.

As always, if you have any questions or concerns for your child - academically or socially, please do not hesitate to reach out to your child's counselor. We have many resources available to help with a variety of issues and we look forward to partnering with you for their success.

Mrs. Leavitt
Director of School Counseling

Message from your Student Assistance Counselor, Zach Parker:

How to Use 988 to Respond to Behavioral Health Crisis Calls

988 was established as a universal phone number for behavioral health crises and suicide preventions. This line directly connects people to crisis responders. 988, the three-digit number

offers an opportunity for states and local communities to change the way they respond to people in behavioral health crises and redefine the role of law enforcement and 911.

Below I have highlighted important facts about the new dedicated crisis line and offer tips to help communities prepare for its national launch in 2022. In July 2022, 988 became the national three-digit dialing code for the National Suicide Prevention Lifeline, replacing the current phone number of 1-800-283-TALK (8255)

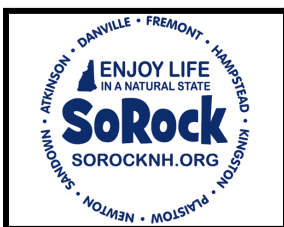
Things to Know about 988

1. The line launched nationwide in July 2022 and will provide around-the-clock support for people who are experiencing a behavioral health crisis.
2. Individuals dialing 988 will be connected to a local crisis call center in their community.
3. Calls will be answered by trained crisis operators. Call center operators will be trained to assess and de-escalate crises over the phone, connect callers to additional services, and in some locations, where available, dispatch mobile crisis teams to situations that require an immediate, in-person response.
4. While many situations can be addressed over the phone by trained call takers, others may require more intensive responses such as mobile crisis teams and short-term crisis stabilization services.

The Substance Abuse and Mental Health Services Administration has a list **of frequently asked questions** here. This is a great step toward matching needs with the appropriate responders. Just like 911 for emergencies, no one wants to need this line, but families might find themselves having to, so it is important to talk as a family and prepare for the time that they have to.

Mr. Parker, Student Assistance Counselor

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.

October is National Medicine Abuse Awareness Month!

- **[Click here to learn the dangers of and what parents can do to prevent cough medicine abuse](#)**
- Drug traffickers are using social media to advertise fake pills (Adderall, Xanax..etc) and conduct sales. Talk to your kids about the dangers of taking medication not prescribed to them by a doctor. **[Click here to learn What Every Parent and Caregiver Needs to Know About FAKE PILLS](#)**

- **Save the Date!** The Next **National Prescription Drug Take Back Day is October 29, 2022, 10AM to 2PM.** The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

Youth In Action! Students identify the top issues facing their peers and take action to help ensure a safe and healthy school community. High School and Middle School meeting times TBD. **Sign up!**

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. **The new 988 Crisis Hotline became active JULY 16th**

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

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

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




SRHS PTO Announcements:

The mission of the Sanborn Regional High School Parent Teacher Organization is to enhance and support the Sanborn Regional High School learning community of students, staff, and families of Fremont, Kingston, and Newton. This is accomplished through the following endeavors:

*Community Outreach *Teacher Involvement
*Educational Programs *Civic Cooperation

*Volunteer Programs *Fundraising. If we all help a little it will be amazing how much we can accomplish as an organization. We typically meet the 3rd Wednesday of the month at 6:00 p.m. on Zoom (check the Points of P.R.I.D.E. Newsletter or our FB page for any changes). Thank you for taking the time to complete the membership form and become part of the SRHS PTO. Check us out on Facebook at Sanborn Regional High School PTO. If you have any questions or information you would like to share with our organization, please contact Alicia D'Antonio at tishiebell@yahoo.com. Please click [HERE](#) to join the PTO.

PTO Un-Fundraiser Information:



SANBORN REGIONAL HIGH SCHOOL
PTO
Un-FUNDRAISER

Due to the previous success of our Un-Fundraiser we would like to ask for your support again with our 2021 Un-Fundraiser. The Un-Fundraiser is a way for you to donate money without having to buy or sell anything. Isn't that the best?? 100% of your tax-deductible donation goes directly to the SRHS PTO, and then it goes right to our kids, which is the best place to put it! **To make it even easier to donate, we now have our own Venmo account ([sanbrnrhspto](https://www.venmo.com/sanbrnrhspto))!!** Where does the money go you might ask?

- \$100 starter cash for the in-coming Freshman student activities account
- Classroom grants, up to \$250 per teacher, to fund innovative programming
- Funds to support class activities
- Teacher's meals for the Open Houses & Teacher Appreciation Week
- A \$500 scholarship to a Sanborn Senior
- Senior Success Day and more

\$ _____	This donation is to thank you for not making me buy anything, sell anything or do anything, except fill out this form.
\$15	I do not want to bake, so here is the money that I would have spent at Market Basket on those cupcakes or cookies
\$25	I already have 14 Yankee Candles, 50 rolls of wrapping paper, and several coupon cards in my kitchen drawer. So, here is the money for saving my neighbors, friends and family a knock on the door.
\$50	I do not want to walk, run, hula-hoop, dance, swim or do any activity with the word "thon" in it. Here is the money I would have spent on my child's "free" t-shirt.
\$75	I do not want to attend any fancy dances or silent auction events, so here is the money I would have spent on a new outfit.
\$100	I really wouldn't have helped anyway. So here is \$100 to forget my name.

"We hope you were able to appreciate the sarcasm and humor in this form of request and we thank you for your time and monetary donation."

Parent/Guardian Name: _____
 Student(s) Name: _____
 Parent Email (To be added to Our SRHS PTO email list): _____

Please make checks payable to the SRHS PTO, 17 Danville Road, Kingston, NH 03848
Or send your donation to our new Venmo account: [sanbrnrhspto](https://www.venmo.com/sanbrnrhspto)



Click [HERE](#) to view the form and make a DONATION!

Special Olympics of New Hampshire:

Greetings Sanborn Community,

We are excited to announce that the Sanborn School District is partnering with local communities this fall to bring Special Olympics New Hampshire to our schools. We are looking forward to hosting events here at Sanborn in the future and having our students and school involved.



In order to make this happen, we are in search of volunteers and coaches. Volunteers can be school staff and students. You will find the Local Program Volunteer Application link and a Covid Waiver form below that will need to be completed in order to volunteer. When completed the application can be sent to specialolympics@sonh.org or mailed to:

Special Olympics NH
 PO Box 3598
 Concord, NH 03301

Two other items are required to volunteer: a background check and completion of an online course, see links below to complete:

www.specialolympics.org/protectivebehaviors

<https://app.sterlingvolunteers.com/en/Candidates/Account/Register>

Use Good Deed code bsow717, if prompted

We would like to thank everyone in advance for your help and support in this great opportunity to help bring inclusion to all students in the Sanborn School Community.

Special Olympics Bowling will be starting soon if anyone is interested in volunteering for this sport.

Please let me know if you have any questions about the paperwork or about the program.

Sincerely,

Kevin Beaudoin
SRHS Case Manager, Life Skills

[Local Program Volunteer Application](#)

[Covid Waiver](#)

**Kingston Community Library Imagination Festival:
10/8/2022 10am - 1pm**

The Kingston Community Library's Imagination Festival is designed to encourage your love for fantastical, supernatural, and just plain interesting characters. Come dressed as your favorite storybook, superhero, Disney, or manga/anime character. Or, design your own steampunk, princess, adventurer outfit. This is a chance for the whole family to step out and dress up!

- Get a lesson from a real-life comic book artist!
- Purchase some illustrations
- Browse and purchase comic books
- Do some crafts or coloring
- Participate in the KCL Imagine Even More Costume Contest!
- Meet a superhero
- Attend a magic show
- Bounce in a bounce house
- Get your caricature done

Thank you!
Mackenzie Padula, Children's Library

Tim Corey Memorial Fund Golf Day:



Tim Corey Memorial Fund Golf Day

**Wednesday, October 12, 2022
9:00 A.M. Shot-Gun Start**

Non-Members
\$125.00
per person

Apple Hill Members
\$80.00
per person

Make your own foursome or teams will be drawn up the week before and posted in the Apple Hill Clubhouse

INCLUDES:

18-holes of golf, cart, light breakfast, lunch, prizes for: hole-in-one; longest drive; closest to pin; and closest to line. Mulligans - 2 for \$5

ALL PROCEEDS TO BENEFIT THE TIM COREY FUND

Registration Ends: ~~Friday, September 30th~~ **Mon Oct 10**

Please fill-out the registration form below and return with your check to either
Dennis Willis, Jacqueline Hopkinson or Julian Dunlop

Please make checks payable to **THE TIM COREY FUND**

NAME: _____

PHONE NO: _____

PLEASE CIRCLE ONE:

- Men Only Team Women Only Team Mixed Men / Women Team

QUESTIONS? Contact either

Dennis Willis at (603) 395-7742, or
Julian Dunlop at (603) 234-3313

Tim Corey Memorial Fund Golf Day

OUR MISSION is to raise money in Tim's memory for the things he loved most, helping kid's further their careers as good citizens and golf players. Our Committee, **Jacqueline Hopkinson—President from the Ladies Golf League, Julian Dunlop—President** and **Dennis Willis—Secretary from the Men's Seniors golf league** shall be conducting a Scholarship fund raising event, to award two golf players, a senior girl and boy from Exeter High School and the same for Sanborn High school, that demonstrate good citizenship and are part of their school's golf curriculum.



Tim Corey Memorial Fund Golf Day to be held at the **Apple Hill Golf Course on Wednesday, October 12th.**
We are looking for businesses like yours to Sponsor the Tournament with a minimum \$100 donation and we will include signage promoting your business at the tournament which will be posted on one of the 18 holes.

Checks should be made payable to the "Tim Corey Fund", AND please put EIN 88-2050354 in the memo section.

SPONSOR FORM FOR SIGNS

*All sponsored hole signs will have the following information (**NO ads or logos**) ...*

Sponsor/Company Name: _____

Company Tagline or Sentiment: _____

City or Town: _____

Telephone Number: _____

Email Address: _____

Website URL: _____

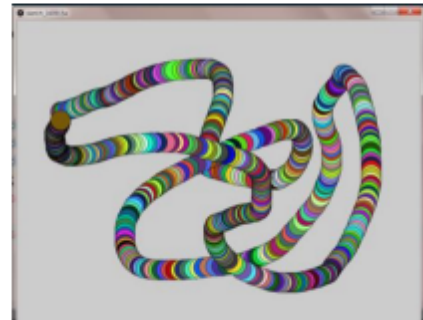
Technology Fun Night Friday, October 14, 2022 6:00 PM – 8:00PM

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 20, 2022. Registration deadline is October 12, 2022. 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!!!!

Sanborn-Epping Ice Hockey Fundraising Event:

**Sanborn-Epping
Ice Hockey
Fundraising Event**

**Holiday
CRAFT
FAIR**

**Sanborn Regional High
School**

November
26th
9a.m.-3p.m.

**FREE
ENTRY**

*Come on down and help support
this amazing Fundraising Event
organized by The
Sanborn-Epping Hockey Boosters*

80+ VENDORS

Scratch Ticket Raffle
Food & Drinks
Home Decor
Home-made Items
Gifts & Many More

Email with inquires
regarding available
space to:

sanborneppinghockeyboosters@gmail.com