



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*

January 15th, 2023

## Sanborn Regional High School

17 Danville Road, Kingston, New Hampshire 03848

(603) 642-3341

[www.sau17.org](http://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

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2022-2023 SRHS Calendar of  
Events

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Daily Announcements

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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,

We hope you are all doing well in the new year. Sanborn students had a busy week with planning for the Winter Formal and Winter Carnival taking place next month. Winter sports are in the thick of competition and the Drama club has started piecing together the spring musical. Class meetings will take place over the next few weeks and before long, students will be signing up for classes for the 2023-2024 school year.

## Important Upcoming Dates:

### Monday, January 16th:

NO SCHOOL - Martin Luther King Day

### Monday, January 23rd:

Grades 9-10 College and Career Night

### Friday, January 27th:

NO SCHOOL - PD Day

Q2/S1 grades close.

## Monday, January 30th:

Academic Awards Night - 6:00 pm in the auditorium. This event is by invitation only. Invitations will be sent out the week of January 23rd.

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

## Athletic Update:

**GIRLS VARSITY  
WHITE OUT GAME**

**1.18.23  
6:30 PM**

**PREGAME  
AND  
HALFTIME  
PARTY MIX!**

**GUEST APPEARANCE FROM  
INTERNATIONAL DJ/RECORDING ARTIST  
CLIFF WEST**

## Life of a Student White Out Event:

Life of a Student and the Sanborn Community Basketball Boosters, is running two whiteout basketball games January 18th for the girls game, and on January 20th for the boys game.

Any Students, Staff, Parents or Community Members wearing White to Support Sanborn will get one ticket to enter in a raffle to win a 55 inch tv. We Also have "Let's Go Sanborn" White T-shirts for sale in the School Store for \$5 Dollars. Anyone wearing this shirt to the game will get 5 raffle Tickets into the raffle at each game.

Come out and Support your Sanborn Teams and you may even walk out with a 55" inch TV donated by What's the Scoop in Kingston, NH for each game.

### First Game

1/18/2023 - 6:30pm Girls Basketball vs Kingswood

### Second Game

1/20/2023 - 7:00pm Boys Basketball vs Hanover



**S vs LET'S GO SANBORN S vs**

**6:30PM  
1/18/2022** **7:00PM  
1/20/2022**

**WEAR WHITE  
FOR YOUR  
CHANCE TO  
WIN A 55"TV!**

**BUY YOUR "LET'S GO SANBORN" SHIRT  
FOR \$5 AND GET 5 TICKETS FOR EACH  
RAFFLE AT THE GIRLS AND BOYS GAME**

**PURCHASE YOUR SHIRT AT THE SPOT Before OR at THE GAME**

## High School Games this week:

**Mon, Jan. 16:**

Ice Hockey @ Portsmouth / Newmarket, 3:15 (Dover)

**Tue, Jan. 17:**

Boys B-Ball home v Hollis-Brookline. JV's 5, Varsity 6:30

**Wed, Jan. 18:**

Girls Basketball home v Kingswood. Varsity 6:30

Girls Basketball home v Newmarket. JV's 5:00

Ice Hockey home v Laconia, Winnisquam / Inter-Lakes, 8:15 (Dover)

**Fri, Jan. 20:**

Boys Basketball home v Hanover. JV's 5:00, Varsity 6:30

## Schedules:

Schedules are always found on our [Combined Schedule](#). This "Live" document is constantly updated by coaches and the Athletic Department to reflect changes, so please check it regularly.

If you have any questions please contact Dr. Dawson: [rdawson@sau17.net](mailto:rdawson@sau17.net)



## Important Information from SRHS Yearbook:

**Seniors, [CLICK HERE](#) to personalize your yearbook!**

**You can pre order your yearbook at a discounted rate. [CLICK HERE](#) to Order Your Yearbook Today!**

Sanborn Regional High School  
Calling all proud parents  
Celebrate your student's journey with a yearbook ad.  
Create and purchase online by 02/09/2023  
[jostensadservice.com/student](http://jostensadservice.com/student)

**Keesha Johnson**  
Keesha, it seems like only yesterday you were my baby girl. Now, in a few weeks, you'll be off to college. I want you to know just how proud I am and how much I enjoyed watching you grow from an inquisitive, mischievous child to a smart, funny, hard-working woman. Love, Mom

**Make their Sanborn Regional High School yearbook even more special.**  
Recognize your student's milestones and successes with a yearbook ad.  
**Order by 02/09/2023**

| COLOR AD  |          |
|-----------|----------|
| Full Page | \$300.00 |
| 1/2 Page  | \$200.00 |
| 1/4 Page  | \$125.00 |
| 1/8 Page  | \$100.00 |

[jostensadservice.com/student](http://jostensadservice.com/student)  
Customer Service: 800-358-0800  
\*Credit card installment plan available on orders of \$30 or more.  
Tax, service and delivery fees(s) will be added if applicable.  
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## School Counseling Update:

### Signs of Suicide Program for Freshman

Every year the Counseling Department facilitates the SOS Signs of Suicide Prevention Program with the freshman class. Please take a minute to review the information about the program below and sign the form for your student to participate.

The adolescent years are marked by a roller-coaster ride of emotions - difficult for youths, their parents, and educators. It is easy to misread depression as normal adolescent turmoil; however, depression (among the most common of mental illnesses) appears to be occurring at a much earlier age. Depression - which is treatable- is a leading risk factor for suicide. In addition, self-injury has become a growing problem among youth.

To proactively address these issues, Sanborn Regional High School is offering depression awareness and suicide prevention training as part of the SOS Signs of Suicide Prevention Program. The program is evidence-based and has proven to be successful at increasing help seeking by students concerned about themselves or a friend and is the only school-based suicide prevention program listed by the Substance Abuse and Mental Health Services Administration (SAMSA) for its National Registry of Evidence-Based Programs and Practices that addresses suicide risk and depression, while reducing suicide attempts. In a randomized control study, the SOS High School Program showed a reduction in self-reported suicide attempts by 40% (BMC Public Health, July 2007).

Our goals in participating in this program are straightforward:

- ❖ To help our students understand that depression is a treatable illness
- ❖ To explain that suicide is a preventable tragedy that often occurs as a result of untreated depression
- ❖ To provide students training in how to identify serious depression and potential suicidality in themselves or a friend
- ❖ To impress upon youth that they can help themselves or a friend by taking the simple step of talking to a responsible adult about their concerns
- ❖ To help students know whom in the school they can turn to for help, if they need it

At Sanborn Regional High School, we will be delivering the program in the freshman health classes during the week of January 30th, 2023. Students will view a video that includes information about depression (such as its symptoms and how treatable it is), vignettes of families who have dealt with suicide or suicide attempts, and role plays of various situations students might experience and what they can say or do if they are concerned about someone. Throughout the video students will be led through a series of discussion/follow-up questions. As part of the SOS curriculum, students are asked to complete "The Brief Screening for Adolescent Depression". This is a 7 question screening tool which is meant to be informational not diagnostic. These screenings are shared only with the guidance team. They will not be shared with administration nor will they be kept in the student's academic folders. If you would like to see a copy of the screening tool one is available at the school or please reach out to your student's counselor. The program is facilitated by members of our counseling team who are also trained mental health counselors. The other school counselors will be available to assist students who may struggle coping with the information during the presentation.

We strongly believe that all students should participate in this informational program. Please complete the consent form below giving permission for your child to participate. If you do not wish your child to participate, please indicate that on the form and your child will be given an alternative place to go during the presentation.

### [Signs of Suicide Parent Permission form](#)

Thank you,  
SRHS School Counseling Team

DBTeens NH

Presents a Community Viewing of



A Special One-Hour presentation of the acclaimed PBS documentary  
Followed by Q&A — All are welcome to this free event  
1 Blue Hawk Drive, Exeter, NH — [info@dbteensnh.org](mailto:info@dbteensnh.org) for more info

### Looking ahead to January

January will be a very busy month in the counseling office.

**Seniors**, we will be starting to create our “I was Accepted” wall. Students have begun receiving their letters of acceptance and we want to celebrate their successes. Also, we are receiving information about many scholarship opportunities! Please make sure to look for the monthly scholarship newsletter from Mrs. Cotter.

**Juniors**, we will be working with our interventionists and teachers to begin conversations about SAT’s and how to prepare for them. All Juniors will be taking the SAT in March as our state test. Juniors who took the ASVAB had an opportunity to dive into a career interest and a values survey. They were then given access to pull their strengths, interests and values together to look at careers, college majors and industry certifications to help them with their post secondary planning. Make sure to ask them about their results!

**Sophomores** will be taking a career interest inventory in preparation for their field trip to the Seacoast School of Technology on January 24th (permission slips will go home on January 17th and will be due on Friday, January 20th. We have a limited number of seats on the bus and will not be able to accommodate late permission slips).

Finally, on January 23rd at 6pm at the high school, we will host a parent night for parents of **Freshmen and Sophomores**. The topic of our presentation will be on Helping your child successfully navigate High School and Understanding the Opportunities available to them to help them achieve their Post Secondary goals.

## **End 68 Hours of Hunger**

Did you know that every week Sanborn Regional High School supports over 40 students in the district through our food pantry and our End 68 Hours of Hunger program? This program provides food for these students to meet the gap between school lunch on Friday and school breakfast on Monday. Sanborn has a wish list on Amazon if you would like to help support this program. The link can be found [here](#) and the food can be sent directly to the high school.

If you prefer, you can drop food off directly to the high school in the atrium. The program has strict guidelines on the food we can send home and the list includes: Cereal (not the large family size ones), tuna/chicken, soup, mayo, canned pasta, mac and cheese, canned fruit, granola bars, sleeves of crackers, nutrigrain bars, peanut butter crackers, pasta, canned pasta sauce (we do not want to send glass jars in the bags for the students to carry), peanut butter, canned vegetables, oatmeal and jelly (plastic jars not glass).

If your family is in need of some additional support, please contact your student's school counselor, [school nurse](#) or [Heidi Leavitt](#).

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### **Message from your Student Assistance Counselor, Zach Parker:**

#### **Support Teens With This [E-Cigarette Prevention Toolkit](#)**

The CATCH My Breath program provides up-to-date information to teachers, parents, and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes, including JUUL and disposable devices.

[This free toolkit](#) is a way for parents to learn more about the vaping epidemic, gauge their child's risk of trying e-cigarettes, and find the best strategy for them to talk to their child about e-cigarettes.

CATCH My Breath is the only evidence-based youth nicotine vaping prevention program for grades 5-12 that has been proven to substantially reduce students' likelihood of vaping. We may not be able to rid the world of nicotine, social media campaigns and peer pressure, but we **CAN** help arm the kids with information, tips on avoidance, and feeling supported!

Zach Parker, Student Assistance Counselor

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### **A Message from the School Nurse:**

#### **A reminder on Covid Guidelines**

The CDC issued guidelines for schools to follow for the 2022-2023 school year. The Sanborn Regional School District is following these guidelines for this year. Here is a quick overview of their guidelines. You can look at the CDC website for more information: [Operational Guidance for K-12 Schools and Early Care and Education Programs to Support Safe In-Person Learning | CDC](#)

1. The most important thing to remember is symptoms; if a student is feeling sick, they need to stay home. Fever of 100.5 F and above, cough, sore throat, vomiting, diarrhea are all reasons to stay home, away from other people.

2. If a student has fever or other respiratory symptoms, a Covid test is recommended. Home Covid test kits are accurate and easy. The schools will no longer offer Covid testing.
3. If your student is positive for Covid, the CDC recommends they stay home for 5 days. The test date is Day 0, and count 5 days after that date. There are recommendations for quarantining at home on the CDC website.
4. After the 5th day, the student may come back to school, IF they are feeling better. If they still have fever, fatigue, and/or bad respiratory symptoms, they may need to stay home longer. When they do come back to school, they need to wear a mask for 5 days.
5. Other members of the family who have no symptoms and are feeling well may come to school. They need to wear a mask for 10 days after their family member's positive test. The CDC recommends asymptomatic family members test 5 days after their family member's positive test. If at any time they start to have symptoms, then they need to stay home and test.
6. The CDC recommends watching the Rockingham County Covid check page regularly: COVID-19 by County | CDC. Right now, our Covid level for the county is "Medium". The CDC lists recommendations based on the county Covid level. Do consider those actions for yourself and your family based on the county Covid level.

Mrs. Brown  
School Nurse  
Sanborn Regional High School  
ebrown@sau17.net  
603-642-3341, ext. 1313

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## 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.

We are working on updating our [website](#)! Please check it out (the computer version is more user friendly than the phone version) to learn more about us or find resources.

## Welcome 2023!!

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!](#)

Curious what SoRock did in 2022? [Check out our Year in Review!](#)

**Attention Parents!** At a time when you're thinking about new goals for the new year, have you ever thought of trying Dry January? [#DryJanuary](#) is a movement across New Hampshire, the US, and beyond that was created to encourage people to take a break and abstain from drinking alcohol throughout the month of January. Here are some resources if you're curious! Your heart, liver, memory, and more could be the better for it!

- [Take a Break NH](#) Not All Breakups Are Bad
- [Sober Curious](#) Sober-ish, for when you want to be healthy-ish.

- [Bing-Free 603](#) Everybody has a reason for not wanting to overdo it when they drink... that is what Binge-Free 603 is all about.
- [Today is for me.](#) My Health. My day without Alcohol.
- [NIH Rethinking Drinking](#) For Anyone who drinks, this site offers valuable, research based information.

[Self-Care Goals for the New Year: Compassion, Respect, Patience, and Persistence](#)

[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](mailto: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](mailto: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](mailto:tishiebell@yahoo.com). Please click [HERE](#) to join the PTO.

**NEXT MEETING: Wednesday, January 18th at 7pm in the cafeteria.**  
**Click [HERE](#) to view the form and make a DONATION!**

**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 ([sanbornptodis](#))! You now have the money go your straight way!

- \$1000 member 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 House & 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 take, 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 getting my sunglasses, shorts and tennis a break on the shelf.

\$50 I do not want to walk, run, bike-hop, canoe, kayak or do any activity with the word "steer" in it. Here is the money I would have spent on my child's "steer" lotion.

\$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 nice 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 secretary 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: [sanbornptodis](#)



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## Special Olympics of New Hampshire:

### Greetings Sanborn Community,

We are excited to announce that the Sanborn School District is partnering with local communities this winter 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. After a very successful fall Special Olympics Bowling season, it is time for the winter season sports to begin.



Basketball and swimming are underway and 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](mailto: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](http://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.

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](#)

### **2023 Penguin Plunge to Benefit the Special Olympics of New Hampshire (SONH)**

On Saturday, February 12, 2023, the Special Olympics of New Hampshire (SONH) will be holding their annual Penguin Plunge! The Penguin Plunge is one of the primary fundraisers for the Special Olympics of New Hampshire, and Sanborn will be entering a team to raise funds to contribute toward

SONH's goal of \$612,580. The event will be held at Hampton Beach, where participants will brave the cold Atlantic waters to take the plunge, followed by a celebration held in the Casino Ballroom. Students will attend an information session on Tuesday, December 13 during Advisory to receive information about how they can participate. SONH's mission is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympic athletes and the community. For more information about SONH, please visit their website at <https://www.sonh.org/>. For information about the Penguin Plunge, or to contribute to our fundraising campaign, please contact Kevin Beaudoin (kbeaudoin@sau17.net) or Jim Enright (jenright@sau17.net).





Special Olympics  
**Unified Champion  
Schools®**



We Are Back...**In A BIG Way!**

**BE BOLD! GET COLD!**

JOIN US FOR A 2023 WINTER WATER SPORT EVENT TO  
SUPPORT SPECIAL OLYMPICS NEW HAMPSHIRE!

**HIGH SCHOOL PLUNGE**  
**HAMPTON BEACH, NH**

**FEBRUARY**  
**11**



**HIGH SCHOOL & MIDDLE  
SCHOOL DIP**  
**LACONIA, NH**

**MARCH**  
**10**

Did you love the  
Do-it-Yourself  
Plunge and Dip in  
2021 & 2022?  
D-I-Y is also  
here to stay!



**REGISTER BY 12/31**

**GET THESE\***



**SCAN HERE TO REGISTER NOW!**



Plunge or Dip in a big way **EITHER WAY** in 2023!




FOR ADDITIONAL INFORMATION  
VISIT [WWW.SONH.ORG](http://WWW.SONH.ORG)

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## Coffee with the Superintendent:



### **Coffee with the Superintendent**

**Friday, January 20<sup>th</sup>, 2023, at 9:00 am  
Sanborn Regional High School Library**

Please join Mr. Ambrose for *Coffee with the Superintendent* on Friday, January 20<sup>th</sup>. The event will be held at Sanborn Regional High School Library beginning at 9 AM.

Superintendent Ambrose will bring donuts from Reilly's Bakery in Biddeford, Maine. They are delicious!

We hope you can join us! Please RSVP via our Google form by [clicking here](#) or scanning the QR code below:



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## Camp Sanborn:

A colorful graphic for Camp Sanborn. At the top left is a smiling sun with rays. The background is a light blue sky with clouds and a green palm frond in the top right. The text is arranged as follows: 'CALLING ALL CAMPERS!' in large red letters, 'CAMP SANBORN IS BACK!' in large teal letters, and '7/10/23-8/3/23 Monday-Thursday 8:00am - 3:00pm' in black text on the left. On the right, 'CAMP OFFERINGS' is written in blue, followed by a list: Drama, Cooking, Sports, Art, Nature, STEM, Legos, and Dungeons & Dragons. A red banner in the center says 'CAMP REGISTRATION WILL OPEN ON 2/20/23'. At the bottom, it says 'Email questions to Sarah Brown, Camp Director sbrown@sau17.net'. On the bottom right, there is a small illustration of a white van with red lights and a surfboard with a pink and white floral pattern.

**CALLING ALL CAMPERS!**

**CAMP SANBORN IS BACK!**

7/10/23-8/3/23  
Monday-Thursday  
8:00am - 3:00pm

**CAMP OFFERINGS**  
Drama  
Cooking  
Sports  
Art  
Nature  
STEM  
Legos  
Dungeons & Dragons

**CAMP REGISTRATION WILL OPEN ON 2/20/23**

Stay tuned for more!

Email questions to  
Sarah Brown, Camp Director  
sbrown@sau17.net

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## GoFund Me for the Ragonese Family:

### GoFundMe Fundraiser for the Ragonese Family

Link: <https://www.gofundme.com/f/aimee-ragonese-and-family>

It is with great sadness that we share the unexpected passing of Aimee & Mark Ragonese's daughter, Elizabeth "Liz/Lulu" on December 16, 2022. The D.J. Bakie School is fundraising for the family to help with any and all expenses related to this tragic circumstance.

If you would like to contribute, please click on the link above. Thank you for supporting the Ragonese family during this most difficult time.



Sanborn Flag Football:



# ***Sanborn Flag Football***



***Spring 2023***

***Season Starts April 22nd***

**Largest NFL Flag Football League**

**in New England**

**Coed Ages 3-17**

**Female Leagues**

**10u, 12u, 15u**

**Financial Assistance Available**

***\*\*Not a School Sponsored Event\*\****

***SYFFL.COM***

# Learn at your pace.



## Exeter Adult Education Classes WINTER/SPRING 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 1/9  
Mon, Wed and Fri  
9 am - 12 pm

**EVENING CLASSES**

Starts 1/9  
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.**

**DAY CLASSES**

Starts 1/9  
Mon, Wed and Fri  
9 - 11 am

**EVENING CLASSES**

Starts 1/9  
Mon and Thurs  
6:30 - 9 pm

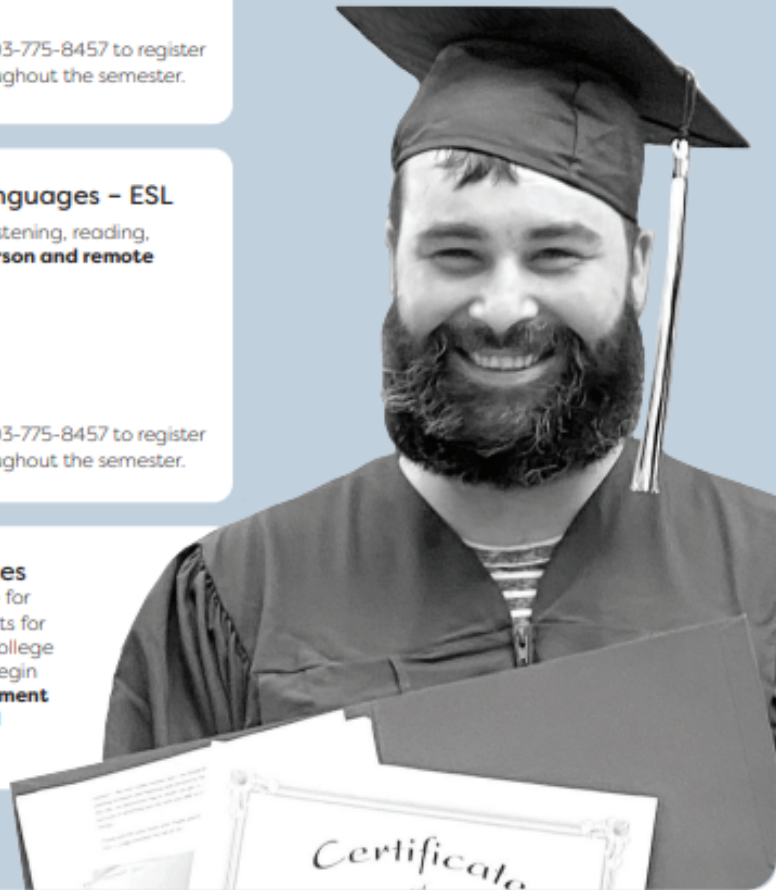
**NEW STUDENTS:** Please call our office at 603-775-8457 to register by appointment. Enrollment is ongoing throughout the semester.

### 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 Chemistry). Classes begin 1/30, one night/week for 15 weeks. **Appointment for course registration is required. Limited scholarships available.**

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

Gene T.  
HiSET® Student



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

List of Enrichment Courses on Reverse Side

## Community Education/Enrichment Program

For complete course descriptions, times and fees, visit [AdultEd.sau16.org](http://AdultEd.sau16.org)

### Language

Basic Italian I 2.15 - 5.8 | 5:30 - 7 pm  
Basic Italian II 2.15 - 5.8 | 7 - 8:30 pm  
\*Conversational Spanish 1.27 - 3.24 | 12:30 - 1:30 pm  
Evening Beginner Spanish / Level 1 3.7 - 5.2 | 7:30 - 9 pm  
Evening Beginner Spanish / Level 2 3.7 - 5.2 | 6 - 7:30 pm  
\*Daytime Advanced Italian with Grammar 2.16 - 5.18 | 11 - 1 pm  
\*Daytime High-Intermediate Spanish II 1.25 - 3.22 | 12:30 - 2 pm



### Cooking

Italian Cookies and Desserts 2.16 - 3.16 | 6 - 9 pm  
Italian Cooking - Pasta and Sauce 4.15 - 5.25 | 6 - 9 pm



### Computer/Technology

Accounting & Bookkeeping Basics with Quickbooks 3.6 - 4.10 | 6 - 7:30 pm  
Smartphone & Tablets 4.18 | 6 - 8:30 pm  
Technology Literacy for Apple Device Users 2.14 - 3.28 | 6 - 8 pm



### Health & Wellness

\*Adrenal Wellness 3.20 - 3.27 | 6:30 - 8 pm  
Ballroom Dancing 2.15 - 4.10 | 6:30 - 7:30 pm & 7:30 - 8:30 pm  
Heartsaver Adult CPR/AED 3.16 | 6 - 9 pm & 4.20 | 6 - 9 pm  
Introduction to Latin Dance 2.14 - 4.11 | 6:30 - 7:30 pm  
RAD Instructional Course 4.4 - 5.9 | 5:30 - 8:30 pm **FREE**  
\*Sound Sleep 3.15 | 6:30 - 8:30 pm  
\*Weekday Wake Up with Mimi 3.7 & 3.9 - 5.2 & 5.4 | 8 - 8:40 pm  
Wellness Yoga 3.7 - 5.2 | 6 - 7:15 pm



### Hand Craft

Acrylic Painting for Beginners/Intermediates 3.30 - 5.11 | 5 - 7 pm & 7 - 9 pm  
Art and Science of Drawing 2.16 - 4.15 | 6 - 8 pm  
Beaded Bracelet Making 2.23 | 1 - 4 pm & 3.16 | 6 - 9 pm  
Beginning Watercolor 2.14 - 4.11 | 6 - 8 pm  
Calligraphy for Beginners 3.9 - 4.15 | 6:30 - 8:30 pm  
Crocheting for Beginners 2.14 - 4.4 | 6 - 8 pm  
Crocheting for Intermediates 4.11 - 5.23 | 6 - 8 pm  
DIY Acorn Cap Craft 3.27 | 6 - 9 pm  
Embroidery for Everyone 2.16 - 3.30 | 5:30 - 8 pm  
Enjoy Cross Stitch 3.23 | 1 - 4 pm & 3.30 | 6 - 9 pm  
Gnomes & Tiny Santa Craft 3.20 | 6 - 9 pm  
Iris Paper Folding 5.4 | 6 - 8 pm  
Open Studio with Watercolors 4.3 - 5.15 | 6 - 8 pm  
Polymer Clay for Jewelry 3.21 - 3.28 | 5:30 - 8 pm  
Silk Scarf Design Painting 4.18 | 6 - 8 pm & 4.20 | 6 - 8 pm  
Soy Candle Making Workshop 3.14 | 6 - 9 pm & 4.3 | 6 - 9 pm  
Watercolor Pencil 3.6 - 3.27 | 6 - 8 pm



### Personal Development Courses

Beginning Guitar 2.7 - 4.4 | 7 - 8 pm  
Downsizing? 2.13 | 6 - 8 pm  
Estate Planning 3.9 | 6 - 7:30 pm  
Estate Planning for Seniors 3.23 | 6 - 7:30 pm  
Every Picture Tells a Story: Organizing Photos 5.4 | 6 - 8 pm  
How to Invest Your 401K, IRA & Other Investments 5.9 - 5.16 | 6 - 8 pm & 5.10 - 5.17 | 1 - 3 pm  
\*Learn to Love Public Speaking 2.6 - 2.27 | 6 - 7:30 pm  
My Dying To Do List 4.17 | 6 - 8 pm  
Navigating Career Change at Any Age 4.10 | 6:30 - 8 pm **FREE**  
Social Security and Medicare Essentials 3.14 | 6 - 7:30 pm  
Ten New Testament Prophecies 3.7 - 5.16 | 7 - 8 pm  
Ukulele Band 2.14 - 4.11 | 6 - 8 pm



### Tutoring Program

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

### Navigating Career Change at Any Age

Mon, 4/10 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](http://adulted.sau16.org) under Enrichment classes tab.

**Questions? Call us 603-775-8457**

For complete course descriptions, times and fees: [Adulted.sau16.org](http://Adulted.sau16.org)



30 Linden Street, Exeter, NH 03833

A proud partner of the [americanjobcenter](http://americanjobcenter.org) 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.

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 \* Remote

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## Kingston Rec. Summer Camp Counselors Wanted:

Kingston Recreation is looking for recreation counselors for the upcoming 2023 summer. Counselors will be responsible for working with children from the ages 5 to 14 and will be responsible for overseeing and implementing creative programming, chaperoning field trips, and ensuring safety around our facility including our lake front, for our campers. CPR and First Aid training are mandatory, lifeguard training is beneficial. There are 2 mandatory inservice days - Wednesday June 21 and Thursday June 22. Counselors work 30 to 40 hours a week and camp starts on Monday June 26th and runs 8 weeks until August 18th. There is no camp on July 4th. Counselors can have a limited amount of unpaid time off. Shifts are generally 7am-3pm or 9am-5pm. Applicants who are 17 years of age or older and/or have experience as a camp counselor are preferred. Kingston Recreation requires references, as well as a background check. Kingston Recreation is an equal opportunity employer. Please contact Paul Butler at 603-531-3337 or email [Kingston.recreation24@gmail.com](mailto:Kingston.recreation24@gmail.com) for more information.

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## Parent Support Group:



**FREE**  
ALL WELCOME

# Parenting Support Group

If you need encouragement and tools to help with parenting, talk to us.

**With**

Kaylene Fraser, MSW, School Social Worker  
Sanborn School District  
Jillian Burns, MSW, Seacoast Mental Health  
Center School Liaison

**When**

Bi-weekly Wednesdays starting December  
7th from 6:00-7:00pm via Zoom

Parenting support groups provide an opportunity for parents to share ideas and their concerns:

- calming strategies
- electronic limits
- behavior management
- and more!

To sign up and/or ask questions please email:  
[kfraser@sau17.net](mailto:kfraser@sau17.net)  
or  
[jburns@smhc-nh.org](mailto:jburns@smhc-nh.org)





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## Seacoast School of Technology Event:

### **Technology Fun Night Friday, February 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.

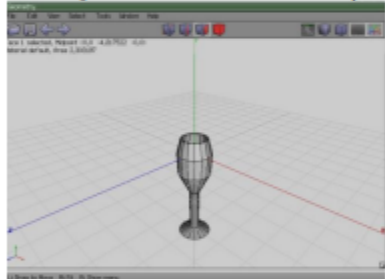
Why: This school year, the Seacoast School of Technology is offering a series of events for students to show just how much fun learning about technology can be.

How to sign up:

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

Registration opens 8 AM on Tuesday, January 17, 2023. Registration deadline is February 16, 2023. Limited to 25 students on a first come first served basis.

This month we will be learning about 3D modeling with Wings 3D and 3D scene layout with Bryce 3D. There will be door prizes.



Any questions, contact Mr. Messa at [nmessa@sau16.org](mailto:nmessa@sau16.org) or 775.8623

**Come join in the fun!!!!**

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**National Honor Society Snow Shoveling:**



***Snow Shoveling Help!***



Sanborn Regional High School is offering snow shoveling assistance to those in need of help this winter season.

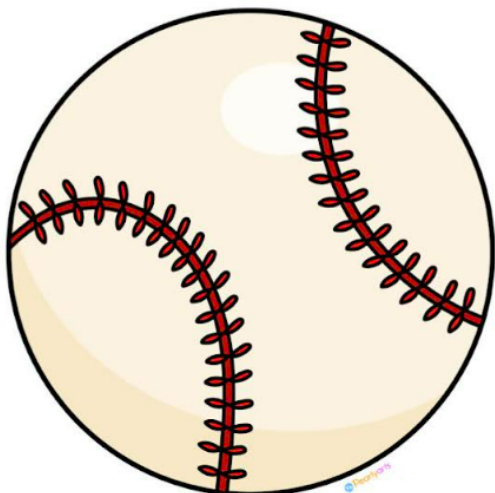
Please contact Rex at 781-820-6055 or [rex.sullivan@sau17.net](mailto:rex.sullivan@sau17.net) to request our services.

Thank you and we look forward to helping!

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**Sanborn Baseball and Softball:**

## Sanborn Baseball and Softball



Registration is Open All Levels

Visit [www.sanbornbsa.org](http://www.sanbornbsa.org) to register

Baseball Divisions

T-Ball Ages 4-6  
Rookie Ages 6-7  
Minor Ages 8-9  
Majors Ages 10-12

Softball Divisions

U8: Ages 7-8  
U10: Ages 9-10  
U12: Ages 11-12  
U14: Ages 13-14  
U16: Ages 15-16

Email: [sanbornbsa@gmail.com](mailto:sanbornbsa@gmail.com) with any questions

This is not SAU 17 District Sponsored Event

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**Fisher Cats Reading Challenge:**

A promotional banner for the Fisher Cats Reading Challenge. The left side has a red background with the text 'Fisher Cats' in a blue script font, 'READING' in large white block letters, and 'CHALLENGE' in large white block letters below it. The right side has a dark blue background with the text 'READ 5 BOOKS, EARN 2 FREE TICKETS' in white block letters, where 'FREE' is in red. Below this, it says 'PRESENTED BY: EVERSOURCE' with the Eversource logo (a green and blue globe) between the words 'EVER' and 'SOURCE'.