



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*

February 12th, 2023

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*



Important Upcoming Dates:

Week of February 13th:

Course Selection Week - Students will be signing up for courses for the 2023-2024 school year.

Monday, February 13th:

Junior College Information Night @6:00pm
in the auditorium

Parent/Community Forum: Keeping our Youth Safe @6:30pm in the auditorium

Thursday, February 16th:

SRHS Student Art Show @7:00pm at the Kingston Community Library

Friday, February 17th:

Winter Semi Formal @6:00pm-10:00pm
SRHS Cafeteria

Week of February 20th:

Winter Carnival Week!

Monday, February 20th:

Early College Program Information Night @6:00pm in the Library

WINTER CARNIVAL
2023

Spirit Days:
Friday: PJ/ Sanborn Pride
Monday: Scuba v. Ski
Tuesday: Anything But a Backpack Day
Wednesday: Theme day
Thursday: Color Day

Sanborn Regional High School

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A Message from Administration:

Greetings Sanborn Community!

Another busy week here at Sanborn with a lot going on. The rescheduled White Out boy's basketball game kicked off the week. It was a very well attended event and it was great to see the community support. This coming week will include all of the athletic events listed below, both a Junior College Information Night hosted by the counseling department, and a parent/community forum presented by SoRock in partnership with the local DEA office: Keeping our Youth Safe. The SRHS Art Show will be held on Thursday, February 16th, at the Kingston Community Library, and Winter Carnival will kick off on Friday, February 17th, with PJ/Sanborn Pride Day and the Winter Formal Dance at 6:00pm in the cafeteria. We are looking forward to all of the events planned for the week!

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:

Spring Registration is OPEN!!

Parents of student-athletes planning to participate in High School (or Middle School) athletics this spring, please head on over to [Final Forms](#) and get them registered. If you have any questions please contact Dr. Dawson: rdawson@sau17.net.

Fri, Feb. 17:

Girls Varsity BB home v John Stark, 6:30

Girls JV Basketball home v Derryfield, 5:00

Sat Feb 18:

Hockey home v Kennett, 5:30, Dover Arena

Senior Night!

Sun, Feb. 19:

No Events

High School Games this week:

Mon, Feb 13:

No Events

Tue, Feb 14:

Girls BB home v Oyster River, 5 & 6:30

Boys BB @ Oyster River, 5 & 6:30

Wed, Feb 15:

Hockey @ Hollis-Brookline / Derryfield,
8:10, Conway Arena, Nashua

Thu, Feb 16:

Boys BB @ John Stark, 5 & 6:30

Senior Night!



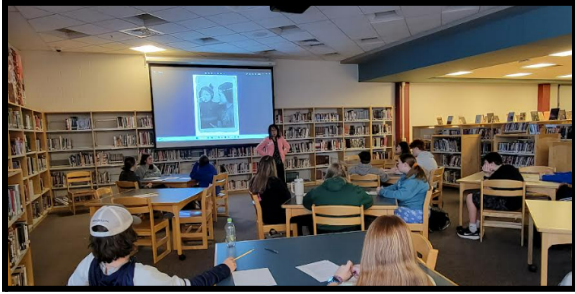
Schedules:

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.

Photos courtesy of Grace Keane
603 Hoops

Club, Organization, and Classroom Happenings:

Sanborn Students Learn about the Holocaust



On Tuesday, February 7th and Wednesday, February 8th, Sanborn students studying the Holocaust were visited by Melissa Mannon, Director of the Kingston Community Library. Mrs. Mannon shared her family's experience fleeing Warsaw, eventually settling in the United States, and her grandfather's story of going back to Europe as a non-citizen member of the US Military to clean up after the end of the war. Mrs. Mannon also spoke with the students about the importance of understanding your family history,

and continuing to share the stories that make up our heritage, even after those who lived them are gone.

After School SAT Prep

Studying for the SAT is proven to improve student scores. Extra SAT practice will be available after school. If you've missed a session of in-school SAT prep, or want more practice before March 22nd, there will be Math sessions every Thursday from 2:30-3:30 (sign up with Ms. Gourdreau in advance). English sessions will be in the library on Monday, Feb 13th, and Tuesday, March 14th @2:30. Please reach out to **Mrs. Goudreau** (Math) and/or **Ms. Woods** (English) with any questions.

SRHS Art Show at the Kingston Community Library

The SRHS Art Show will be held on Thursday, February 16th, at 7pm at The Kingston Community Library. The show will take place in the gallery space at the Kingston Community Library and will be up through the month of February into March. The show features a variety of our Sanborn Artists!

How to Help your Child Save a Life

By Zach Parker

Recently the High School counseling team taught the Freshmen class about Signs of Suicide, and how to ACT (Acknowledge, Care, Tell) so they are prepared to get help for themselves or a friend. The ACT message is more important than ever. Check in with your child to:

- Acknowledge any concerns they may have about their own emotions or a friend's reactions.
- Care: Show them how much you care by listening and taking their concerns seriously.
- Tell: Make yourself available as a safe person they can tell about big problems.

How would you respond if your child told you their friend might be thinking about suicide? Take some time to start a conversation about mental health. This can be tough for families as often in our society, mental health isn't discussed openly like physical health. Feelings of depression or anxiety are often hidden because youth are confused, embarrassed, or ashamed.

You can help protect your child and their friends by talking to them.

- Ask open-ended questions. Let your child steer the conversation to what they want to talk about. Listen fully, let them relate their concerns to you without interrupting their train-of-thought.
- Don't rush to solve their problems. Instead, ask what they think would help a situation. They may already understand the next step, but will feel better if they can explore some ideas.
- Be available and make sure your child knows it. "I'm around if you want to talk later" may help.
- Try talking on a walk, a drive, or while doing chores or exercise. The relaxed atmosphere makes it easier for some kids to open up.

Please reach out to your building's counseling office if you'd like to connect further, or have some more information about ACT and other prevention plans.

- **National Suicide Prevention Lifeline: Call 988**
- **Crisis Text Line: Text 'HOME' to 741741 for free, 24/7 support.**
- **SAMHSA (Substance Abuse and Mental Health Service Administration) National Helpline: 1-800-662-HELP (4357)**
- **SAMHSA Treatment Locator: <http://findtreatment.samhsa.gov>**

Additional Information and Links

<u>SRHS Yearbook Information</u>	<u>School Counseling Update</u>	<u>Student Assistance Program</u>	<u>School Nurse Updates for February</u>	<u>SoRock Updates for February</u>
<u>Special Olympics of New Hampshire</u>	<u>PreSchool Lottery Announcement</u>	<u>Summer Camp Information</u>	<u>Outside Organization Activities</u>	<u>Community Sport Sign Up Information</u>
<u>Seacoast School of Technology Information and Events</u>	<u>Parenting Support Group</u>	<u>Student Job Opportunities</u>	<u>Exeter Adult Ed Information</u>	<u>PTO Announcements</u>
<u>Sanborn Seminary Trustees</u>	<u>Monthly Scholarship Newsletter</u>	<u>Lynn Lyons Presentation Information</u>	<u>2022-2023 SRHS Calendar of Events</u>	<u>Contact Tech Support</u>

[CLICK HERE to view the SRHS Daily Announcements](#)

[Visit our Website](#)

[Join our Email List](#)



Class of 2023 Senior Spotlights

Meet Ethan Stanley

Best Memory: Participating in and winning Homecoming and Winter Carnival as a class. Getting to finally play baseball last year and playing through injury. Injuring my ankle during every single basketball season and wearing a boot/cast.

Extracurricular Activities: Sports, football and basketball freshman and sophomore years, baseball junior and senior years.

Accomplishments: Honor roll, graduating with diploma with distinction

Traits that describe Ethan: Good learner, try to make things more fun, good listener

Favorite Teacher(s): Ms. Swist, Mrs. Cleghorn, Mr. Croteau, Mrs. Petruzzi

What the staff have to say about Ethan:

Ms Petruzzi: Ethan has a great sense of humor, but it may not be evident in his posted jokes of the day. He is full of life and brings his energy to class every day.



Meet Jasmine Dionne

Best Memory: ---- Attending SST I was able to get my hands on expensive tech - Having / making new friends in my friends in classes - Spirit day every student came together as a community we all had fun no matter what social group we choose to be in - During online learning we had every Wednesday off which was very helpful online was hard enough

Extracurricular Activities: Basketball, diversity club, track and field

Accomplishments: Honors with distinction - 9th and 11th grade high honors -10th grade Being in American history honors — Personal accomplishment working hard academically!

Traits that describe Jasmine: funny, caring, hard working, Ambitious

Favorite Teacher(s): Ms.Martin, LaFrancis, SST teacher, Westergreen, Cloutier, mr. Kinsley, Leonard, Babcock, Enright

What the staff have to say about Jasmine:

Mrs. Mulvey: Jasmine is a big picture thinker who has known her direction in life since I met her sophomore year in SIP. Keep your eye on the goal, Jasmine!



Meet Sydney Delap



Best Memory: Running away from Dan with a boot cast on freshman year, Car crash/seizure era, Bringing ducks into school behind Mr. K's back.

Extracurricular Activities: Soccer, art honors

Accomplishments: varsity soccer, being a senior

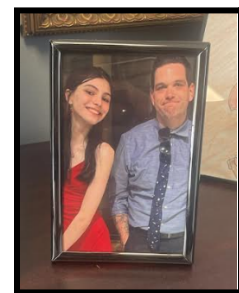
Traits that describe Sydney: Loud, outgoing, kinda mean but pretty nice

Favorite Teacher(s): Mr.Enright, Ms.Clarke, The Queen Joanie girl, Ms.Swist, Mr.Kelly, the man the legend Mr.K

What the staff have to say about Sydney :

Sydney is kind and nurturing. She loves animals and her friends. She is a protector. She knows what matters to her, and she follows her heart. You are sure to know when Sydney enters a room, and you can't help but smile when you talk with her. - Jules Ryan

Syd has grown so much during the 4 years I have known her. It has been fun to watch her focus her energy positively and I look forward to her continuing to make good



choices. You got this Syd the kid. J Kelly

Mr. Enright: Sydney is one of the most energetic and spirited students I have ever known! She is very creative and has made some of the most beautiful art. I have enjoyed watching her develop as a student and a person over the past 4 years.

Mr. K - In my five years at Sanborn, no other kid has turned things around as much as Sydney!

Meet Emma Deputat

Best Memory: Opening night of pretty much any show the Drama Club has put on. Finding out I got a 5 on the AP Lit exam. Socratic Seminars in AP Lit. French 3 discussions with my class and Madame.

Extracurricular Activities: Drama Club, Sustainability Club, NHS, Quiz Team, and Art Honors

Accomplishments: Pres. of Drama Club, Two Art Awards, Honors with Distinction every year, Historian of NHS

Traits that describe Emma: Intelligent, genuine, driven, eclectic, a little stubborn, creative, intense (so I've been told)

Favorite Teacher(s): Ms. Swist, Mr. Kelly, Madame Hambucken, Mr. Parsons, Mr. Cass, Mrs. Boisvert

What the staff have to say about Emma:

Mrs Mulvey: Emma is chill and spunky and devours books. Her connection of art to science is effortless. Keep making the world beautiful!

Emma is the kind of person I want to be when I grow up. She is brilliant, thoughtful, and talented. She asks great questions and approaches life with a quick wit and a sage wisdom. I hope she is always perfectly herself. - Jules Ryan

Cass -- Emma is the bomb. She's not afraid to speak up, but knows when it's better to listen than to talk. It was a pleasure having you in class, Emma. Good luck after Sanborn -- dream big and go bigger!

Emma Deputat shines. Shines with passion, intensity, intelligence and integrity, Emma works hard, is gifted and caring. She leads, can delegate, take charge and get tasks accomplished. She has varied interests: art, reading, social justice. Emma has made Sanborn a better place and we will miss her. J Kelly

Mme Hambucken: Emma is a force in every way. Her work ethic and humor was evident in French class, and this year she is showing her intense creative side in Drama class. She can do it all!



Meet Grace Nihan

Best Memory: everything pre-covid, homecoming, bringing the ducks to school, car crash/seizure era, hanging out in Swist's closet, bickering with Petruzzi

Extracurricular Activities: I have a job.

Accomplishments: not dropping out

Traits that describe Grace: kind, but not nice. loyal, opinionated, loud

Favorite Teacher(s): Kelly, Dunny, Petruzzi, Swist

What the staff have to say about Grace:

Croteau: Grace is...well Grace- and it's a good thing we often need Grace in our lives to see things how they are! She's such a powerful individual.

Cass: Grace is one tough cookie -- never one to sugar-coat her opinions, but also deeply kind and caring. It was a pleasure getting to know you (even when you're grumpy 😬). Best wishes after Sanborn!

Ms. Petruzzi: Grace is an endearing conundrum. At times she can be bold and loud, while other times she is crocheting her latest project for a friend. She has grown so much this year and stretched beyond her comfort.

I smile whenever I see Grace. She has a maturity beyond her years and a wise, kind soul. Go get em Gracie J Kelly



Meet Sarah Terlizzi



Best Memory: My favorite memory was homecoming this year. Beforehand it hadn't really set in that I was a senior. But when we pushed the doors open and ran into the gym with everyone screaming and a big smile on my face, that is when it first set in that I was finally a senior.

Extracurricular Activities: My main involvement is art and I am in art honors.

Accomplishments: Getting honors or honors with distinction my previous years of high school.

Traits that describe Sarah: Quiet, hardworking, responsible, creative.

Favorite Teacher(s): Mrs. Bilodeau, Ms. Swist, Ms. Driscoll, Mrs. Boisvert,

What the staff have to say about Sarah:

Sarah is such a hard worker. She came to class, sat down, and got right to work. A dream student. ~Mrs, Boisvert

Sarah is a lifelong artist and diligent problem solver. She is an inspiration to me and to others in the ceramics room. -P. Driscoll