



SANBORN REGIONAL MIDDLE SCHOOL

Weekly Newsletter

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

October 1, 2023

Sanborn Regional Middle School

17 Danville Road, Kingston, New Hampshire 03848

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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, the students have a shortened week of school with a **4 day Columbus Day weekend (October 6th - 9th)**. There is no school this Friday due to a staff professional development day and Monday is Columbus Day.

SRMS Clubs - This past week, students were informed about our club offerings and how to sign up. Sign ups for our middle school clubs will continue through Thursday, October 5th. For some clubs that are not starting immediately, club sign ups will be later in the fall or winter, and students will be informed when those sign ups will be occurring. Here are the clubs that are being offered in 2023-24.

Art Club

Drama (fall and spring productions)

First Lego League

Intramural

Literary Magazine

6th Grade Lunch Bunch Book Club

Student Council

Yearbook

SRMS Boosters News - The *October SRMS Boosters meeting* is this Tuesday, October 3rd from 6:30-7:30 in the SRMS/HS library. All staff and parents/guardians are welcome to attend. Our Boosters are also sponsoring a *Halloween Dance* on Friday, October 13th from 7:00-9:00 pm (see page 3 below for the event flyer).

Fall Athletics

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

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



Have a great week!

Matthew Malila

Jay Trafton

SRMS Principal

SRMS Assistant Principal

Sanborn School Store Online



Sanborn Regional High School's school store, The Spot, is currently running an online store sale with pre-order prices. Get your Sanborn gear now while you still can. The online store closes this Thursday, October 5th.

[Click Here for the Online School Store](#)

SANBORN REGIONAL
MIDDLE SCHOOL BOOSTERS

Halloween Dance

Costumes
Encouraged!

FRIDAY

OCT | 13 | 23

7:00 - 9:00 PM

TICKETS \$10 each

SNACKS & DRINKS
AVAILABLE FOR PURCHASE
\$1 - \$2

SRMS CAFETERIA | 17 DANVILLE ROAD | KINGSTON
TICKETS CAN BE PURCHASED AT THE MIDDLE SCHOOL OFFICE

School appropriate clothing - no backpacks or bags | No guests allowed, dance is for SRMS students only
This is not a Sanborn Regional School District sponsored event

A Message From School Counseling

Caring For Yourself While Caring for Others

I have shared a lot of time and thoughts on how to spot when our teens are struggling with challenges. I have written about how you might coach them, get them more help, and even how to just let them know that you are there, that they are seen and heard. What I haven't done yet is let you know that you are not alone. Your struggle is shared.

According to the Substance Abuse and Mental Health Services of America, 8.8 million young adults reported having a mental illness. 5.1 million young adults reported having a substance use disorder. This time of your teen's life is leading to a huge transition, and so much of our development comes rapidly, and affects us each differently, and if I know the kids at all, I know how much they perceive that they are sometimes the only person going through these ups and downs.

These challenging times can really put the kids through it, but I need you to remember that your part in all this, the supportive talk, the check-ins, the hard decisions and conversations...or sometimes the silence, takes a toll on you as well.

We tell the kids that it is important to remember that asking for help is a normal part of life, and you should never feel like you have to take on the world alone. I need you to believe that for yourselves as well.

Who is in your circle of supporters? Do you exercise, eat and sleep enough to feel energized? How do you fill your own bucket as you drain off energy supporting your family? Taking care of your needs helps you buoy against the needs of your family.

Take a look at [This article from UNICEF](#) that offers the reasons, and ideas around looking after yourself as you help others. And as always, know that the school community is here to help you through these ups and downs!

If you are concerned that you or someone in your life may be drinking too much, using drugs, or dealing with mental illness, there are resources available to help.

Mr. Parker

End 68 Hours of Hunger



Dear Parents and Guardians,

The Sanborn Regional School District partners with *End 68 Hours of Hunger*, a local nonprofit food program whose mission is to help families in need feed their children over the weekend. This program helps provide students with extra meals from Friday evening through Sunday evening, helping them be better prepared to come to school on Monday morning nourished and ready to learn. All food is non-perishable and easy to prepare. We collect food items for *End 68 Hours of Hunger* at all schools to support our local families. *Please note that this is a non-profit organization and not a District sponsored program.*



If you feel this is a program from which your child could benefit, please fill out the permission slip below, and return to your child's school counselor! Your child will receive a bag of food on Friday afternoons.



If you have any questions, please contact any of our counseling staff.



Bakie counselors:

Angelica Gardella agardella@sau17.net and Sue Petela spetela@sau17.net

Memorial counselors:

Rachel Nippert: rnippert@sau17.net and Amy Collins acollins@sau17.net

Middle School counselors:

Kara Byrne: kbyrne@sau17.net and Tiffany Fabiano: tfabiano@sau17.net

High School Director of Counseling:

Heidi Leavitt: hleavitt@sau17.net



District Social Worker:

Kara Prah: kpahl@sau17.net



Permission to Participate in Weekend Food Program:

I give permission for my child _____ to participate in the End 68 Hours of Hunger Food Program. I understand that my child will receive a bag of food each Friday afternoon.



Parent Signature

Date

Check One: Send home with student Parent pick up





A Message from SoRock: WELCOME BACK SANBORN!

SoRock is a community coalition focused on mental health and substance misuse prevention across the lifespan. We carry out our mission by leveraging resources from the local, state and federal level to coordinate and support education, programming and resources for the towns we serve.

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

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

Are you a Parent in Recovery? [Children Learn a Lot from Your Recovery!](#)
Need Help with Your Recovery? [Click Here for NH Recovery Support Resources](#)
Are you impacted by the substance use of a loved one? [Find support here](#) and [here](#)

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

FREE screenings of award-winning films

Oct 24

SCREENAGERS UNDER THE INFLUENCE

RED RIBBON WEEK

ADDRESSING VAPING DRUGS & ALCOHOL IN THE DIGITAL AGE

Register



FREE screenings of award-winning films

Nov 7


ADDRESSING MENTAL HEALTH IN THE DIGITAL AGE

SCREENAGERS NEXT CHAPTER

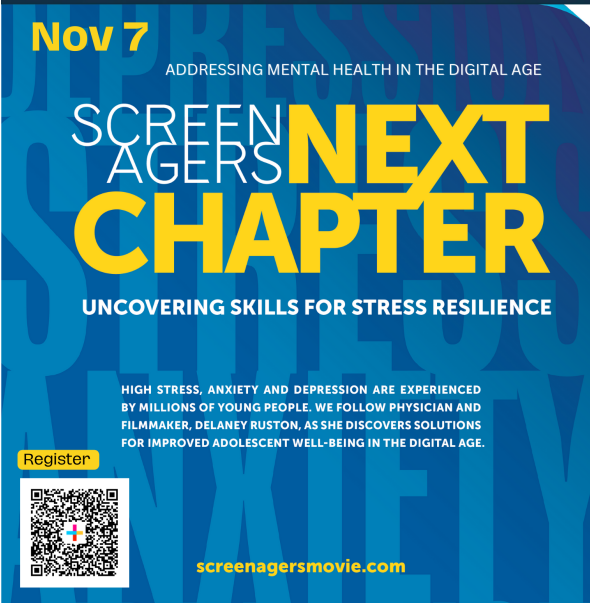
UNCOVERING SKILLS FOR STRESS RESILIENCE

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

Register



screenagersmovie.com



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

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



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Follow [@sorocknh](#) on FB to stay informed. If you have questions in the meantime visit sorocknh.org, drugfreeh.org or reach out to me at sorocknhcc@gmail.com We want to hear from you, how can we help?

The SoRock community needs assessment survey results identified mental health and substance use as the top community concerns in 2021-2022. [Take the 2022-2023 survey here!](#)

Attention Boosters/PTA/PTO and other parent or community/civic groups. SoRock wants to talk with you!
We would love to attend your meeting to tell you a little more about us, discuss parenting for prevention and find out how we can support you in the community! Please send an email to sorocknhcc@gmail.com to set something up.

Learn more about Suicide Risk factors, protective factors, and warning signs

Need Help Now? Dial [988](#) or call [New Hampshire Rapid Response Access Point](#) Call/Text 833-710-6477 or [Chat Now](#)

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

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

Would you like to know more about SoRock, how we operate and what we do?

Email Charlotte Scott, Program Director sorocknhcc@gmail.com or call 603-642-3341 x 1235

Technology Fun Night - CLV

Friday, October 13, 2023

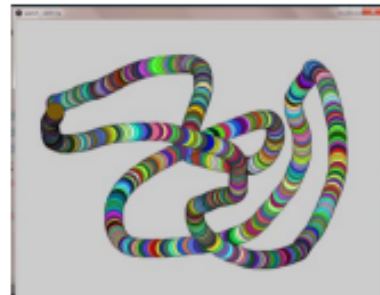
6:00 PM – 8:00PM

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!!!!