



SANBORN REGIONAL MIDDLE SCHOOL

Weekly Newsletter

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

December 10th

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

Homework Links

6th Grade

7th Grade

8th Grade

Please note that the homework assignments posted on these links are subject to change and may be updated on a daily basis. If students have any questions about an assignment, they should email or see their teacher.

Dear Students and Families,

This week marked the start of the 2nd trimester. The *1st trimester report cards* were emailed home on Friday afternoon. If you have any questions about a grade that your child received, please reach out to the teacher.



Choral Concert - The SRMS Music Department invites you to A Winter Choral Concert on Tuesday, Dec 12th at 6pm in the SRMS/HS auditorium. Please see page 3 below for the event flyer.



Camp Lincoln Ski Club - Middle School students interested in skiing and snowboarding should check out the YMCA Camp Lincoln ski club, which will be going to Pat's Peak on 4 Tuesday evenings in January. Please note, space is limited and will be on a first come, first served basis. For more information, please see the flyer on page 4.

Winter Sports Update - The winter sports season is in full swing. To view sports schedules, please click the link below.



[Click Here for SRMS Winter Sports Schedules](#)

Have a nice week!

Matthew Malila Jay Trafton
SRMS Principal SRMS Assistant Principal

**Sanborn Regional School District
Music Department
Presents...
A Winter Concert**



*Featuring all kids in the Middle School and High School
Choir!*

Conducted by Rob Harrington

12 December 2023 at 6:00 p.m. in SRHS Auditorium



SKI CLUB IS HERE!!!



Hit the slopes with us for 4-weeks of fun in the snow at Pat's Peak Ski Area. All skill levels are welcome so grab a friend and sign up today. Space is limited!

**REGISTER
HERE TODAY!**



<https://operations.daxko.com/programs/redirector.aspx?cid=5279&pid=16295&sid=237181>

WHO

Grades 6th - 8th
All experience levels

WHEN

Tuesday nights 2:30pm—9:30pm
Jan. 9th & 16th
23rd & 30th

WHERE

Pick up & Drop off from
Sanborn Middle School

WHAT'S INCLUDED?

4-weeks of transportation, lift tickets, and YMCA mentorship

Optional gear rentals available

COST

Lift Ticket—\$390
Lift Ticket & Rentals—\$450

Contact Miles Jensen, Assistant Camp Director,
for more information

miles@ymcacamplincoln.org 603-319-5946

A Message From School Counseling

Being Resolute When Speaking to Your Child about Alcohol & Drugs

As your teen is getting older, some of life's milestones, like driving, expanded social lives and the deepening of their personalities, will start to occur. Discussions will naturally start to happen, and they may begin to start negotiating different terms. Curfew, free time, chores—are all open to negotiation. Others, however, are non negotiable. They should include vaping, alcohol use and drug abuse.

Follow these guidelines when deciding on new and different levels of independence with your teens:

- Be explicit but give reasons. Underage drinking, illegal drug use and vaping are risky actions that may become habits. They are harmful to your health, and children should not be allowed to participate in these behaviors. Refer to laws, age limitations and the associated health risks to set this boundary.
- Do not expect or create a false normalcy around children to experiment with drugs or alcohol. While many young people do begin to experiment with substances, plenty of others do not. This is not a “rite of passage.” With the rising dangers presented by counterfeit prescription pills and other tainting substances in street drugs, the experimentation can harm your child. Say, “I expect you not to take that risk.” Do not say, “Be careful.” Make sure they understand the dangers of trying substances.
- Restrict contact with friends who drink or use drugs. You can't control who your child always spends time with, but if you know a peer who drinks or uses drugs, don't allow your child to socialize with this person outside of school without supervision. Make sure your child knows that the reason is health, and not out of judgment. Offer your child some information on how to navigate through their peers' substance misuse, and how to offer support while creating a positive boundary for themselves.

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: kprahl@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

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.

SoRock Community Champions at Sanborn!



Last night SoRock thanked community champions from all of our towns at our 2023 Community Appreciation Night. Sanborn has MANY community champions and we appreciate them all, here are a few of the standouts nominated this year! SoRock also recognized the district for their ongoing support and collaboration!

This is the last week of the Bruins Raffle Fundraiser! [Get your tickets here!](#)

Welcome December!

[The Truth About Holiday Spirits](#)

[4 Mindful Tips to De-Stress This Holiday Season](#)

[Seven Ways to Cope with Holiday Stress](#)

[NH Food Bank](#)

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.

[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](#)

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](#)

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 - CLVII

Friday, December 15, 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 the 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 Monday, November 20, 2023. Registration deadline is December 14, 2023.
Limited to 25 students on a first come first served basis.

This month we will be learning about the Science, Mathematics, Engineering, and Problem Solving found in computer games. There will be door prizes.



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

Come join in the fun!!!!



SANBORN MIDDLE SCHOOL BOOSTERS FUNDRAISER

This is not a SRMS
sponsored event.



THURSDAY JANUARY 11 2024 10AM-10PM

On Thur Jan 11th from 10am-10pm candlepin or ten pin bowl and/or play the arcade games at Gametime Amesbury MA and 25% of participating sales will be donated to the Sanborn Middle School Boosters!

Please let Gametime know you are a fundraiser participant upon arrival

Gametime Lanes & Entertainment 84 Haverhill Rd Amesbury MA gametimelanes.com

Families do not need to bring a flyer to the bowling alley, but mention it when they are there.