



SANBORN REGIONAL MIDDLE SCHOOL

Weekly Newsletter

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

September 10, 2023

Sanborn Regional Middle School

17 Danville Road, Kingston, New Hampshire 03848

(603) 382-6226

www.sau17.net



Visit Our Website

2023-24 SRSD Calendar

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SRMS Facebook

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SRMS Athletic Update

SRMS Bus Routes

Grading & Reporting Manual

Student Handbook

Dear Students and Families,

Well we survived the early September heat wave! Hopefully we have some more seasonal September weather in the coming weeks.

SRMS Open House - On Tuesday from 4:30-5:30, SRMS invites all families to stop by the middle school for an Open House. Please note that there is no formal schedule for this event, but families can

stop by at their convenience to see the school and meet the staff. We will be offering parent teacher conferences later in the fall. As soon as we identify the days/times, we will let families know so they can sign up.

SRMS Clubs - Our middle school clubs will be starting up in the coming weeks. Once we have all of our club advisors in place, we will share the offerings with students and have sign ups. Some of our clubs include: Art



Club, Drama Club (fall and spring), Intramural Club, Student Council, and Yearbook. Students may also propose a new club. Students interested in starting a club should see Mr. Malila or Mr. Trafton.

Fall Athletics

The middle school fall sports season is underway with games starting this week. To view athletic schedules, or for more information about athletics at SRMS, please see the links below.

[Click Here For Information About Fall Athletics at SRMS](#)

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

Have a great week!

Matthew Malila Jay Trafton

SRMS Principal SRMS Assistant Principal

A Message From School Counseling

Tying School Success to Attendance

One of the best ways to ensure that your student is keeping up with their learning is to make sure your teen attends school every day. Attendance is vital for school success. Teens who miss school frequently are more likely to:

- Lose hope...falling behind can lead to gaps in learning, and a disconnection with peers. When the kids feel that they cannot keep up/catch up, they tend to become pessimistic about their school experience.
- Get into trouble. Making sure to follow our attendance policies when you must miss school can keep you out of trouble...but kids that miss a lot of school without documentation of parent contact might find themselves attracting the attention of our administrators!

The beginning of the school year is a good time to develop positive habits. Help your teen to make school attendance a priority:

- Talk to your teen about the importance of attendance and punctuality. If you didn't show up to your job, you'd get fired. Let your teen know that attending school is just as important.
- If possible, avoid scheduling medical and other appointments for your teen during school hours.
- Communicate with teachers. If your teen must miss a class, talk to the teacher to see how you can all work together to make sure your teen stays on track.
- Attend school meetings for families. Establish routines at home that make getting to school on time easier. And talk with your teen about school every day.

School is challenging enough for students without the hardship of playing catch-up. Set the standard for attendance excellence, reward coming to school as well as academic achievement! If you are struggling to get your kids to attend, or there are other barriers, please reach out to your student's counseling department or school social worker!



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.

September is National Recovery Month and National Suicide Prevention Month!

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](#)

[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](#)

Parent Workshop Registration Now Open!

NH Teen Institute presents:

Staying Connected With Your Teen

FREE 6-part workshop series for parents/caregivers of youth 12-17 y/o

TOPICS INCLUDE:

- Changing Family Relationships
- Solving Problems as a Family
- Communicating with Your Teen
- Raising a Responsible Teen
- Supervising Without Invading

Tuesdays Sept. 26, Oct 3, 10, 17, 24, and Nov 7th
6:30-8:30pm
at the YMCA in Plaistow

Scan QR code to sign up!

visit our website to learn more:
nhteeninstitute.org/staying-connected-with-your-teen

Free Upcoming Community Offerings Coming Soon (Dates TBD)

Make sure you follow SoRock NH on social media to stay informed!

[SCREENAGERS NEXT CHAPTER: MENTAL HEALTH IN THE DIGITAL AGE](#)

[SCREENAGERS UNDER THE INFLUENCE: VAPING DRUGS & ALCOHOL IN THE DIGITAL AGE](#)

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.

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.

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

SANBORN YOUTH SOCCER

Registration is now open for the Fall Season!

Welcoming families of Kingston, Newton, and surrounding communities!

Sanborn Youth Soccer is a co-ed soccer program for kids aged 4 through grade 8. Games are played on Sundays at Chase Field in Kingston.

The Season will run from September 10th – October 29th.

With Practices on Saturday mornings

(There will be no game/practice Columbus Day weekend)

There are two sessions available :

Session 1 – 12:30m-1:00pm for age 4/5 and grades 3-8

Session 2 – 2:00pm – 3:00pm for age 4/5 and grades 1-2

To register your child please visit www.sanbornyouthsoccer.org

Any parent/guardian who chooses to volunteer to coach a team will have the fee waived for one child.



Any questions can be directed to President, Lindsay MacDonald at sanbornyouthsoccer@gmail.com

Technology Fun Night - CLIV

Friday, September 15, 2023

6:00 PM – 8:00PM

Place: Seacoast School of Technology
Who: Grade 5 – 9 students

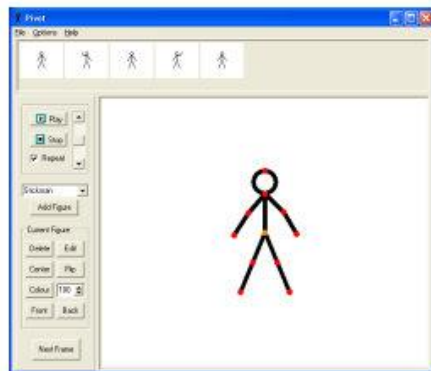
Cost: Voluntary donation of 3 cans of food for local food bank per person. If you would like to **bring more cans**, all donations will **gladly be accepted**.

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, August 29, 2023. Registration deadline is September 14, 2023. Limited to 25 students on a first come first served basis.

This month we will be learning about Stick Figure Animation and Creating 3D Creatures (Zooks) with Bamzooki. There will be door prizes.



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

Come join in the fun!!!!

Learn at your pace.



Exeter Adult Education Classes FALL 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 9/11/23
Mon Wed and Fri
9 am – 12 pm

EVENING CLASSES

Starts 9/11/23
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.**

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Adult High School Diploma Classes

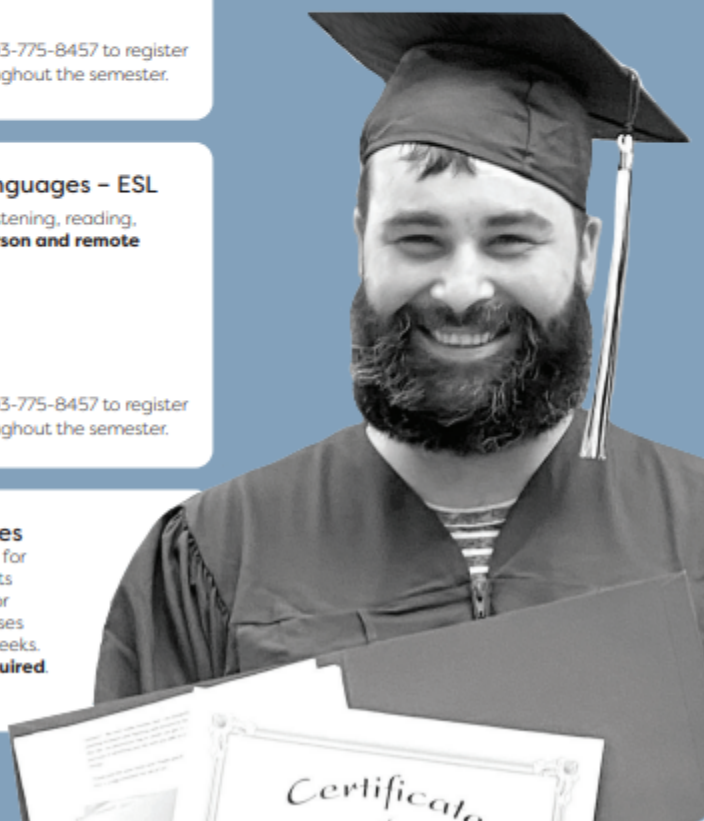
Evening high school credit courses available for adults needing to complete the requirements for a high school diploma or for a refresher or college preparation (including Biology). Classes begin 9/7/23 meet one night/week for 15 weeks.

Appointment for course registration is required.
Limited scholarships available.

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

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

Gene T.
HiSET® Student



List of Enrichment Courses on Reverse Side

Community Education/Enrichment Program

For complete course descriptions, class times and fees, visit AdultEd.sau16.org

Computer/Technology

Technology Literacy for Apple Device Users **NEW**
10.3 - 11.14 | 6 - 8 pm
Accounting & Bookkeeping Basics with Quickbooks
9.25 - 11.6 | 6 - 7:30 pm
Smartphone & Tablets 12.19 | 6 - 8:30 pm

Health & Wellness

Ballroom Dancing 9.25 - 11.20 | 6:30 - 7:30 pm & 7:30 - 8:30 pm
Heartsaver Adult CPR/AED 10.5 & 11.9 | 6 - 9 pm
Introduction to Latin Dance 9.26 - 11.14 | 6:30 - 7:30 pm
RAD Instructional Course 10.5 - 10.19 | 5:30 - 8:30 pm **NEW**
Sound Sleep 11.2 | 6:30 - 8:30 pm
Yin Yoga Nidra (hybrid) 9.26 - 11.14 | 6:15 - 7:30 pm **NEW**

Personal Development Courses

Beginning Guitar 9.18 - 11.13 | 6 - 7 pm
Estate Planning 9.28 | 6 - 7:30 pm
Exploring the Mythic Hero Journey 9.27 | 1 - 3:15pm or
10.3 | 6 - 8:15pm **NEW**
Get Ready to Move 11.9 | 6 - 8 pm **NEW**
How to Choose the Right Medicare Plan 10.24 | 6 - 7:30 pm **NEW**
How to Invest Your 401K, IRA & Other Investments
10.23 - 10.30 | 6 - 8 pm
My Dying "To Do" List 10.12 | 6 - 8 pm
Mythologies of the World 10.10 - 11.14 | 6 - 8 pm **NEW**
Understanding the Old Testament-Ten OT Parables 9.26 - 11.28 |
7 - 8 pm
Social Security Essentials 10.17 | 6 - 7:30 pm
Solopreneur: Basics for Starting a New Business 12.7 | 6 - 8 pm
Ukulele Band 10.3 - 11.21 | 6 - 8 pm

Tutoring Program

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

Cooking

Thai Cooking 9.28 - 10.12 | 6 - 9 pm **NEW**
Fill the "Fridge"- Farm to Table Themed Recipes for Exeter
Community Fridge 10.26, 11.2 & 12.7 | 6 - 8:30 pm **NEW**

Language

Basic Italian I 10.16 - 12.18 | 5:30 - 7 pm
Basic Italian II 10.16 - 12.18 | 7 - 8:30 pm
Chinese Language & Culture for Beginners 10.3 - 11.7 | 6 - 8 pm **NEW**
Evening Beginner Spanish / Level 1 10.16 - 12.4 | 5:30 - 7:30 pm

Hand Craft

Acrylic Painting for Beginners/Intermediates 10.16 - 11.20 | 6 - 8 pm
Art & Science of Drawing 10.2 - 11.27 | 6 - 8 pm
Beginning Watercolor 10.3 - 11.21 | 6 - 8 pm
Bracelet Making 11.30 | 6 - 8 pm **NEW**
Calligraphy for Beginners 9.25 - 11.6 | 6:30 - 8:30 pm
Crocheting for Beginners 10.3 - 11.7 | 6 - 8 pm
Crocheting for Intermediates 11.14 - 12.19 | 6 - 8 pm
Drawing Workshop for Intermediates 10.3 - 11.21 | 6 - 8 pm **NEW**
Gift Tags & Boxes 12.5 | 5:30 - 8 pm **NEW**
Gnomes & Tiny Santa Craft 10.19 | 6 - 9 pm
Hand Sewing & Embellishments 11.27 - 12.11 | 6 - 8 pm **NEW**
Open Studio with Watercolors 11.13 - 12.18 | 6 - 8 pm
Polymer Clay For Jewelry 11.6 - 11.20 | 5:30 - 8 pm
Pressed Flower Glass Frames 11.16 | 6 - 8 pm **NEW**
Silk Scarf Design Painting 11.28 | 6 - 8 pm
Soy Candle Making Workshop 11.28 & 12.11 | 6 - 9 pm
Tiny Box Collages 11.14 | 5:30 - 8 pm **NEW**
Watercolor Pencil 10.16 - 11.6 | 6 - 8 pm
Watercolor and Wax 12.5 | 6 - 8 pm **NEW**
Wire Tree Art 9.26 | 6 - 8 pm **NEW**

Navigating Career Change at Any Age

Mon, 11.13 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 under Enrichment classes tab.

Questions? Call us 603-775-8457

For complete course descriptions, times and fees: AdultEd.sau16.org



30 Linden Street, Exeter, NH 03833

A proud partner of the [americanjobcenter](http://americajobcenter) 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. Minimum enrollment required.

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