



SANBORN REGIONAL MIDDLE SCHOOL

Weekly Newsletter

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

October 8, 2023

Sanborn Regional Middle School

17 Danville Road, Kingston, New Hampshire 03848

(603) 382-6226

www.sau17.net



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2023-24 SRSD Calendar

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SRMS Athletic Update

SRMS Bus Routes

Grading & Reporting Manual

Student Handbook

Dear Students and Families,

We hope that the students are enjoying a nice long weekend (there's ***no school on Monday***). This week brings our first middle school dance of the school year. On Friday night, October 13th from 7:00-9:00, our middle school Boosters are sponsoring a **Halloween dance** in the SRMS/HS cafeteria. For more information about the dance, including ticket price, concessions, and more, please see the flyer on page 3 below.

To help ensure that the dance is a success, we need parent & staff volunteers, as well as drink and snack donations. Your support is much appreciated as all proceeds collected by Boosters go back into our school, including helping to fund field trips. To sign up to donate or help with the dance, please click the link below.

[Click Here For SRMS Dance Chaperone and Concessions Donations Sign Up](#)

SRMS Clubs - This past week, there were sign ups for the following SRMS clubs: Art Club, First Lego League (Robotics), Literary Magazine, 6th Grade Lunch Bunch Book Club, Student Council, and Yearbook. If a student missed the sign ups, it's not too late. To sign up, please see the club advisor or Mr. Malila.

Drama Club - Sign ups for the Drama Club fall production, A Christmas Carol, begin this week. Students can sign up outside of Ms. Woulfe's classroom, Room 215. For additional information about the fall production, please see the message below from Ms. Misenheimer and Ms. Woulfe.

"A CHRISTMAS CAROL" SIGN-UPS!

Drama Club is about to begin its fall production of "A Christmas Carol", and all students are invited to join the fun. A sign-up sheet will be posted outside Ms. Woulfe's door on October 10th and Auditions will be held on October 24th in the Café from 2:00 until 4:00 p.m. Along with a sign-up sheet, a rehearsal schedule and Permission Slip will also be provided. Please be sure that you and your family check all dates to be sure this commitment works for you.

"A Christmas Carol" is a community favorite and a wonderful opportunity for students interested in theatre, be it acting, stage crew or singing with our carolers. All are welcome!

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 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

[Click Here For SRMS Dance Chaperone and
Concessions Donations Sign Up](#)

A Message From School Counseling

Coaching To Help Your Teenager Make Better Decisions

Teens are tasked to make more and more of the decisions affecting their lives. With this growing autonomy comes risks, and rewards. They will learn and grow from their successes and their mistakes, and it is up to their coaches, guardians and others close to them to coach and grow this skill.

Like any other skill, decision making needs to be modeled, taught explicitly, and retaught over time in order to ensure that it is a strong skill. Like in sports, music and more, practice makes perfect. Here are some ways to help coach your students in decision making as a skill:

1. **Break down the issue.** What is it your teen is being tasked with? What do they already know, and what will they need to know moving ahead?
2. **Gather information.** Don't decide on issues you are unfamiliar with. Tell your teens to gather as much information as possible and determine if other people's experience or perspective is needed before choosing options.
3. **List all the alternatives available.** There may be many possibilities, or even a range of options within most issues to weigh. Listing them helps see all the possibilities and solutions.
4. **Work out the consequences.** Have your teen write one choice at the top of a piece of paper, then draw a line down the middle. On the left side of the paper, your teen should write the positive consequences of that decision. Negative consequences go on the right side. Looking at these can help weigh out the pros and cons logically.
5. **Consider feelings and values.** Sometimes, the best decision on paper may not feel right. Teens need to think about their values as they make a choice. Feelings, goals and values all can help drive or sway what decisions we ultimately move ahead with.

Although it's hard to let go of the decision-making process as they get older, it's one of the most important skills and responsibilities to turn over to your teen. If your teen makes a wise choice, offer praise. If your teen makes a poor choice, talk about how to make a better one next time...and practice, practice, practice!

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 for Better Communities in Your Neighborhood
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

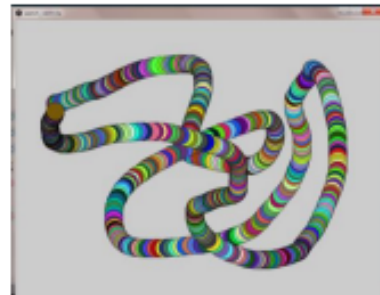
6:00 PM – 8:00PM

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!!!!