



SANBORN REGIONAL MIDDLE SCHOOL

Weekly Newsletter

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

November 12, 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

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,

We hope that everyone had a nice weekend. We would like to thank the parents/guardians who came to school Thursday afternoon for parent teacher conferences. We have one more afternoon of parent teacher conferences this Thursday, November 16th. For additional information about the conferences and how to sign up, please see page 2 below.

Important Upcoming Events
November 13-17th: Spirit Week at SRMS (Monday: Sports Jersey Day; Tuesday: Twin/Group Day; Wednesday: Color Day; Thursday: Crazy Socks & Crocs Day; Friday: Comfy Day)
Tuesday, November 14th: SRMS Fall Sports Awards Assembly in auditorium 5:30-6:30
Tuesday, November 14th: SRMS Boosters in library at 6:30. All parents/guardians and staff are welcome to attend.
Thursday, November 16th: Parent Teacher Conferences at SRMS 2:30-5:30

Parent Teacher Conferences at SRMS - Our second afternoon of Parent Teacher Conferences will be held this Thursday from 2:30-5:30. For core academic classes, conferences will be 10 minutes in length, and families will meet with one-half of your student's grade level team. In addition, you may have an opportunity to meet separately with your student's Unified Arts (Art, Music, Wellness, etc.) teachers. Since many of our UA teachers are shared staff and teach in both the high school and middle school, they will not be available for the full 3 hours of conferences. **To sign up for parent-teacher conferences**, please call the middle school main office at (603) 382-6226 **by 2pm on Monday, November 13th**. After Monday the 13th, we will not be taking additional requests for parent teacher conferences.

Athletic Update - The **Fall Sports Awards Assembly** for the middle school will be this Tuesday, November 14th at 5:30 in the auditorium.

Have a great week!

Matthew Malila Jay Trafton
 SRMS Principal SRMS Assistant Principal

A Message From School Counseling

Vaping Health Effects to Discuss with Teens

Exposure to nicotine through vaping devices is proving to be highly addictive and a cause for concern in teens and young adults. Since the brain undergoes massive changes during the teen years, the effects of nicotine use are acute. Nicotine use can rewire the brain, causing problems with concentration, learning, and impulse control. Additionally, nicotine is known to be a gateway to the use of other drugs and addictive substances.

If you know or suspect that your teen is vaping, it's critical to help them quit. Although they may already be experiencing a social or physical craving for nicotine/vaping, many health experts feel that most teens can quit cold turkey. Try sharing these risks with them during your interventions.

The health risks of vaping include:

- **Addiction:** E-cigarettes contain nicotine, a drug that's highly addictive. You don't have to vape every day to get addicted.
- **Anxiety and depression:** Nicotine makes anxiety and depression worse. It also affects memory, concentration, self-control, and attention, especially in developing brains.
- **Becoming a smoker:** People who vape are more likely to start smoking regular (tobacco) cigarettes and may be more likely to develop other addictions in the future.
- **Sleep problems**
- **Exposure to cancer-causing chemicals**
- **Chronic bronchitis**
- **Lung damage that can be life-threatening**

Other health effects are possible that we don't yet know about. Vaping hasn't been around that long, so its health risks aren't all known. If you do find that your teen is vaping, support them. Parental support is one of the biggest impacts in helping teens, and young adults kick the habit. Have an open conversation about why we don't want them vaping. Be a resource, so they don't just agree with you and continue to hide their habit. Bring in peer support where you can, or contact <https://nh.mylifemyquit.org/>.

The Giving Tree - Holiday Gift Assistance Program

As the holiday season approaches, we recognize that some families may need a little extra support to ensure their children experience the magic of the season. With this in mind, our district is offering a Holiday Gift Assistance Program: The Giving Tree

If your family could benefit from this program, please fill out the form provided below. (Please note that a separate form must be completed for EACH child). Once completed, our dedicated team will ensure that festive gifts are prepared and ready for pickup. Gifts are purchased by the faculty, staff and community members.

[Click Here For the Sanborn Giving Tree Sign Up Form](#)

For many, the holidays are a time for unity, sharing, and spreading happiness. We recognize for some, holidays can be challenging. We're here to support and uplift our community, making sure every child has a gift to unwrap and a smile on their face.

Warmest holiday wishes,

Sanborn School District

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 Prael: 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.

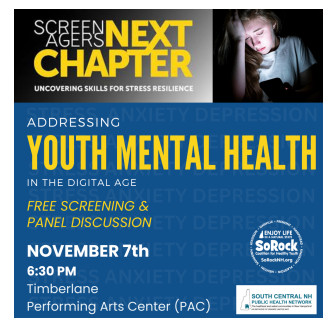
November is Gratitude Month!

Research has shown that consciously practicing gratitude can reduce feelings of stress and anxiety. Practicing gratitude is also a great protective factor. This protection can help in a variety of circumstances, including mental health challenges like depression and anxiety, or substance use challenges. [Learn more!](#)

Check out our upcoming free Community Screening and Panel Discussion open to the public!

Registration is requested. Click on the poster to learn more about the films and watch the trailers.

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.](#)

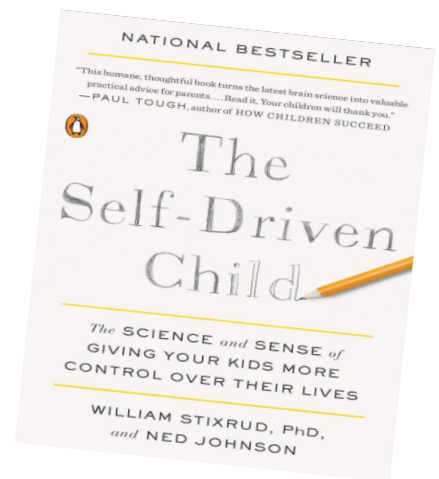
Would you like to know more about SoRock, how we operate and what we do?

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

SRMS Parent Book Club



I read [*The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives*](#) when my kids were in High School, and all the while I was reading it, I was wishing I'd read it when they were in middle school. The transition that kids go through while in middle school is tremendous, as is the parenting transition we go through during this time. It is a delicate dance of guiding, making sure they are safe, and building mutual trust, while at the same time letting them become more independent. It is incredibly challenging to say the least. I have been wanting to share this book with middle school parents ever since, and here is my opportunity! **I invite you to join me for the inaugural...**



SRMS Parent Book Club!

We will get together in the Sanborn Middle/High School Library on Monday evenings, October 30, November 6, and 13 from 6:30 to 7:30. We'll read and discuss the book over those four weeks, learning from the content of the book, as well as from one another as parents. Kingston Community Library will have multiple copies of the book available to borrow (Newton residents can get a library card there!) if you'd rather not purchase a copy.

I am excited for the opportunity to meet parents in the community as I settle in as a new School Counselor in the district. Please email me with any questions or to sign up at kbyrne@sau17.net.

Thank you so much, and I look forward to meeting you and reading with you.

~Kara Byrne
SRMS School Counselor (A-L)





Sanborn-Epping Ice Hockey

Holiday

Craft Fair

Sanborn Regional High School

November
18th

9am-3pm

FREE
ADMISSION



90+ Vendors

Handmade Gifts

Home Decor

Specialty Food Items

Raffles

Email inquiries to
Sanborneppinghockeyboosters@gmail.com



SRHS KEY CLUB THANKSGIVING FOOD DRIVE



PICK UP DATE: NOV. 15

DROP OFF: SRHS MAIN OFFICE



**PURCHASE
THROUGH
HERE!**

**DONATED FOOD WILL BE USED
TO CREATE THANKSGIVING
BASKETS FOR FAMILIES
INVOLVED WITH END 68 HOURS
OF HUNGER AND IN
CONNECTION WITH LOCAL FOOD
PANTRIES!**

LINK TO REGISTRY:

	<p>SRHS- Thanksgiving Baskets</p> <p>Buying in store?</p> <p>walmart.com</p>
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**THE GIFT CARDS WILL BE THE HARDEST
TO COLLECT AT THE SCHOOL. HAVING
COMMUNITY MEMBERS PURCHASE THEM
THROUGH THE REGISTRY IS PREFERRED
AND WILL BE GREATLY APPRECIATED TO
ROUND OUT THE BASKETS FOR THE
TURKEY.**



Food Drive for Children

benefiting End 68 Hours of Hunger

November 1st-30th
Kingston Branch

We don't want the children, the future, of our community to go hungry. That is why our employees are collecting food to donate to End 68 Hours of Hunger, a non-profit organization combating child hunger. Drop off nourishing food for children at the Partners Bank location below, and show our children we care.

 **Partners Bank**
53 Church St, Kingston, NH

Suggested Items

- Canned Food** ✓
- Breakfast** ✓
- Soups** ✓
- Pasta & Sauce** ✓
- Snack Food** ✓

We Accept Unexpired Foods Only

NOT A SCHOOL SPONSORED EVENT



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.

A Message From Sanborn Regional School District

Meal Assistance For Students

Dear Parents,

The Sanborn Regional School District is facing a demographic change. Historically, participation in free and reduced meal prices has hovered between 14 and 16 percent. Our most recent year, participation has declined to 7 percent. We continue to have food insecurity for some of our students, which has a detrimental effect on student learning and achievement.

With the help of the School Board, we have identified two areas that can have a significant impact on resolving food insecurities, as follows:

1. The School Board approved a “Meal Assistance Program” that receives donated funds to be spent purchasing food for students who do not otherwise qualify for free and reduced meals. To date, the program has received \$1,240.
 - a. Donations can be accepted by mail at 51 Church Street, PO Box 429, Kingston, NH 03848.
 - b. Students in need of meal assistance should speak with their school counselor or school nurse.
2. Families can apply for free and reduced meal prices. Applications can be obtained at the main office of each school or online at the following address <https://sanbornregional.linqnutrition.com/FreeReducedApplication.aspx> .
 - a. Qualified families will receive free or reduced meal prices, according to their household income.
 - b. The District will receive additional state aid for “adequate education” and federal grant funding for additional reading and math assistance.

If you have any questions, please contact any school Principal or me, the Business Administrator.

Thank you,



Matt Angell



Business Administrator



Sanborn Regional School District



A Message from Sanborn Girls Basketball Program



 *Calling all basketball fans and Sanborn Girls Basketball players, Current and Alumni!* 

 Join us for an epic basketball showdown at the Sanborn Girls BLUE/GRAY Game on **November 17th, 2023** from 5:30pm until 8PM at the Sanborn Regional High School Gym! 

 This event is for girls in grades K-12, so spread the word and encourage your friends to sign up! We will have contests between quarters, raffles and skills sessions for youth at halftime. We will have participants divided into age groups by quarters and will keep a running tally of the scores for the game to see which side gets ultimate bragging rights, Blue or Gray! 

 Get ready to groove to the beats of internationally renowned DJ Cliff West, who will be spinning the hottest tracks throughout the game! 

 It's not just about the game, it's about celebrating the Girls Program and Sanborn Community Basketball and giving back to the community. We'll be collecting food donations for our local food pantry, so let's make a difference together. Last year, we collected over 500lbs of food! 

 Interested in being a part of this exhilarating event? Fill out the form below and secure your spot! Plus, if you plan on trying out for the High School Teams, this is a fantastic opportunity to showcase your skills and make a positive impact before the season starts! 

[Click Here to Sign Up for the Girls Blue/Gray Basketball Game](#)

***** Students who sign up before October 26th get a free t-shirt!**

Let's come together, cheer on our amazing teams, and create memories that will last a lifetime! See you on November 17th! For more information about the event, please click the link below.

[Click Here for the Flyer for the Girls Blue/Gray Basketball Game](#)



SANBORN COMMUNITY BASKETBALL REGISTRATION

REGISTER NOW @ WWW.SANBORNCOMMUNITYBASKETBALL.ORG

CO-ED SKILLS PROGRAM

Grades K-2

Saturday mornings starting in December
Skill sessions and 3 v 3 scrimmages

Registration Fees

\$60 Registration fee (includes reversible jersey)
\$30 Registration fee (no jersey/reuse last year)



***Please email questions to: SanbornCommunityBasketball@gmail.com
Follow us on facebook for more information. This is not a SRSD sponsored event.***

Technology Fun Night - CLVI

Friday, November 17, 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.**

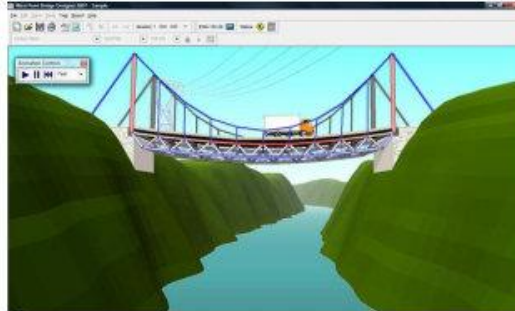


Why: This school year, the Seacoast School of Technology is offering a series of events for students to show just how much fun learning about technology can be.

How to sign up:

Register online @ <https://sst.sau16.org/en-US/technology-fun-nights-f4734f0b>.
Registration opens 8 AM on Tuesday, October 17, 2023. Registration deadline is
November 17, 2023. Limited to 25 students on a first come first served basis.

This month the activity involves Engineering. Come learn about building bridges, skyscrapers and rollercoasters. See how much fun being an engineer can be. There will be door prizes.



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

Come join in the fun!!!!