



SANBORN REGIONAL MIDDLE SCHOOL

# Weekly Newsletter

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

**December 17th & January 1st**

## Sanborn Regional Middle School

17 Danville Road, Kingston, New Hampshire 03848

(603) 382-6226

[www.sau17.net](http://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

### 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,

Happy Holidays from all of us at SRMS! We hope that you all have a relaxing and nice holiday with your family. Please note the following: (1) the coming week is a 4 day week with ***no school on Friday, December 22nd***; (2) ***school resumes on Tuesday, January 2nd***; and (3) during the



holiday break there will be no newsletter and this newsletter will be re-sent on January 1st.

**8th Grade Field Trip** - On Thursday, December 21st, the 8th grade will be taking a field trip to the North Shore Music Theatre in Beverly, Massachusetts to see the production, A Christmas Carol. Students should bring a bag lunch. Students have also been informed that all school rules apply and that they are expected to be a good audience.



**Camp Lincoln Ski Club** - Middle School should check out the YMCA Camp Peak on 4 Tuesday evenings in January. come, first served basis. For more



students interested in skiing and snowboarding Lincoln ski club, which will be going to Pat's Please note, space is limited and will be on a first information, please see the flyer on page 3.

**Middle School Dance** - On Friday, January 5th from 7:00-9:00, the Music Boosters are hosting a **middle school dance** in the cafeteria. For more information about the dance, please see the flyer on page 4 below. To help ensure that the dance is a success, we need parent and staff volunteers, as well as drink and snack donations. To volunteer to help out with set up, chaperoning, or clean up and/or to make drink & snack donations, please click the link below. For more information, please see the flyer on page 4.

[Click Here For Dance Chaperone and Drink & Snack Donation Sign Up](#)

**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 great week and a nice holiday!

Matthew Malila      Jay Trafton

SRMS Principal      SRMS Assistant Principal



# 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](mailto:miles@ymcacamplincoln.org) 603-319-5946

Sanborn Regional Middle School

Welcome Back

# Winter Dance

jan 5th

7-9pm

Come and  
**CHILL**

with your friends!

dance, snack and  
chat

Admission \$10

Snacks and Drinks \$1-\$2

# **A Message From School Counseling**

## **Winter Break and Parent Wellness**

Winter Break is just around the corner, the perfect time for students to catch up on some sleep, see friends and family...and often, a time when parents are pulled in all directions! Balancing the holiday activities, kids out of school, work hours and the weather all take a toll on adults and caregivers. Not to say that the smiling faces around a dinner table aren't worth it, but the holiday meals, shopping, transporting and travel that come with this time of the year takes a lot of social, physical and emotional effort. So, how do we maintain our energies and positive spirits?

One of my favorite ways to practice self-care is meditation. At first, I didn't think I would like it, but after trying it a few times, I found it to be very helpful, and it quickly became one of my favorites. Guided meditations are aplenty on YouTube, various apps and even my Covid purchase, the Peloton bike.

Another way I like to practice self-care is by eating healthy and getting enough sleep. Even if I feel like I should keep studying or keep wrapping presents or online shopping, I stop at a reasonable time and make sure I get enough sleep.

Lastly, self-care also means doing whatever you like. It can be things like watching a movie, playing video games, reading, doing skincare, or going on a walk. If you have time for a social activity, check out the social media of your community and see what's happening around, or rescue a friend from their responsibilities for a drive to the coffee shop.

Sometimes it is easy to feel guilty for taking time for yourself over the winter break, but self-care is important. Taking care of yourself should always be a priority. Here are a few further ideas:

- Hit a sauna.
- Enjoy the sunrise/sunset.
- Take a yoga class.
- Hydrate and snack healthfully
- Take a bath.
- Set aside some reading time.
- Slow down and rest between events or activities
- Ask for help when you need it.

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## **Other News From School Counseling**

This week, a team of SRHS and SRMS students met to help make the changes their peers need to best support the safety and health of their school community! They have begun to learn and practice tools and strategies to organize data from the Youth Risk Behavior Survey. The team's next step is to map existing assets and supports, decide on strengths and concerns in their own local data, think about root causes for their concern areas, and begin a preliminary action plan to address concerns. The team plans to share their data with the Tier 1 MTSS team and other school leaders, share ideas, get input, and create a plan to help their community address important issues!

# 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](mailto:agardella@sau17.net) and Sue Petela [spetela@sau17.net](mailto:spetela@sau17.net)

Memorial counselors:

Rachel Nippert: [rnippert@sau17.net](mailto:rnippert@sau17.net) and Amy Collins [acollins@sau17.net](mailto:acollins@sau17.net)

Middle School counselors:

Kara Byrne: [kbyrne@sau17.net](mailto:kbyrne@sau17.net) and Tiffany Fabiano: [tfabiano@sau17.net](mailto:tfabiano@sau17.net)

High School Director of Counseling:

Heidi Leavitt: [hleavitt@sau17.net](mailto:hleavitt@sau17.net)

District Social Worker:

Kara Prah: [kprahl@sau17.net](mailto: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](#)

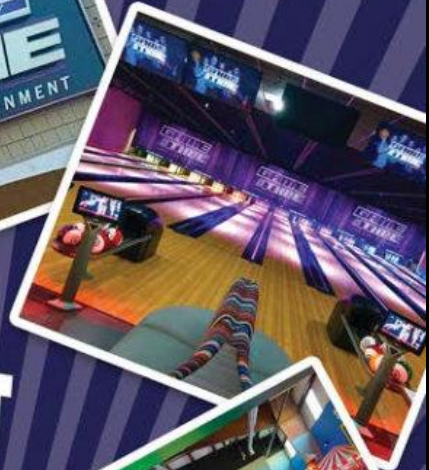
Are you a Parent in Recovery? [Children Learn a Lot from Your Recovery!](#)  
Need Help with Your Recovery? [Click Here for NH Recovery Support Resources](#)  
Are you impacted by the substance use of a loved one? [Find support here](#) and [here](#)

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](mailto:sorocknhcc@gmail.com) or call 603-642-3341 x 1235





# 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](http://gametimelanes.com)

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