



SANBORN REGIONAL MIDDLE SCHOOL

Weekly Newsletter

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

September 17, 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

Dear Students and Families,

SRMS administration and staff would like to thank all the students and families who attended our Open House on Tuesday, September 12th. As previously mentioned, 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

Sign ups for our middle school clubs will begin this week. Students interested in signing up for a club should listen to the morning announcements for information about where and how to sign up.



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.

Attention 7th Grade Parents/Guardians - Field Trip Information

On Friday, September 29, the seventh grade will be taking a field trip to Camp Lincoln. We will be enjoying team building activities including challenging games/obstacles, high ropes battles, rock climbing, and archery competitions. The buses will pickup at approximately 8:45 am and bring us back to the building at roughly 1:45 pm.

The cost is \$10 per student and students need to bring a bag lunch or request one from our cafeteria. Students will be receiving drawstring backpacks with "goodies" prior to the trip courtesy of SoRock Coalition for Healthy Youth and their Program Director, Charlotte Scott. Please be on the lookout for the field trip permission form and Camp Lincoln's Challenge Course release form. These will be given to the students on Monday, September 18.

If you have concerns about the cost of the trip, please contact Matt Malila, SRMS Principal. Any other questions or concerns, please contact Shelley Begin, Grade 7 Team Leader.

Mums Fundraiser

Please consider supporting our SRMS Boosters and school by purchasing mums through the Boosters Fall Fundraiser. For more information, please see page 3 below. All students were also given a hard copy of the order form this week.

Fall Athletics

The middle school fall sports season is in full swing. To view athletic schedules, please see the link below.

[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 SRMS Boosters

Upcoming Events

- Mums Fundraiser



SRMS BOOSTERS FALL FUNDRAISER

Please help support the SRMS Booster's with our Fall Fundraiser, we are selling MUMS!
Attached you will find the order form for our beautiful, locally grown mums from the NEWTON GREENHOUSE.

6.5 INCH MUMS - \$13 Each
Available Colors:
WHITE, YELLOW, PINK/PURPLE, RED/BURGUNDY, & ORANGE

**All order forms must be returned to the school
no later than September 22nd**
**Please Make Checks Payable to
SRMS Boosters**

Sellers of Mums will be able to pick up orders at the NEWTON GREENHOUSE on September 29th from 3-5pm.
Sellers are responsible for delivering mums to buyers.

**The highest seller in each grade will win a
\$10 gift card to What's the Scoop!**

Thank you for your continued support!
Any questions or need for change in pick up times, please contact -
Middleschoolboosters@sau17.net

SRMS Boosters raises money to help support will help the Boosters put in fun activities throughout the year and help fund field trips and teacher appreciation week.

This is not a SRSD event

[Click Here for the Mums Fundraiser Order Form](#)

- **Next SRMS Boosters Meeting** - Tuesday, October 3rd at 6:30 in the SRMS/HS library. All families and staff are welcome to attend.

A Message From School Counseling

Governor Launches Mental Health and Substance Use Support Resources

[Strong as Granite](#) is a platform that's raising awareness of the mental health and substance use support and resources available throughout New Hampshire. It's part of a coordinated effort to bring help, hope and healing to all Granite Staters.

Governor Chris Sununu, the American Foundation for Suicide Prevention, NAMI New Hampshire, the New Hampshire Department of Health and Human Services, and other stakeholders discussed the community impact of NH Rapid Response/988, and launched a new public awareness campaign for behavioral health promotion.

"When we're talking about mental health and suicide prevention, we're talking about people," said Governor Chris Sununu. "New Hampshire has focused our efforts on implementing systems that meet the needs of the individual. While we're recognizing Suicide Prevention Awareness Week, our efforts continue 365 days a year to put the community resources in place to reduce stigma and care for those in crisis."

With NH Suicide Prevention Week in mind, visit these links to find information on adolescent and young adult alcohol and other drug use, how to talk to your children about alcohol and other drug use and how to keep them safe, and where to go if you are looking to find help as a parent or caretaker:

- <https://preventsuicidenh.org/resources-for/school-education/>
- <https://www.dhhs.nh.gov/programs-services/health-care/behavioral-health/strong-granite>



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



You're Invited to Join in the
Sanborn Regional High School
Homecoming Parade

SATURDAY, SEPTEMBER 23RD

The Bakie Boosters, Memorial PTO & Middle School Boosters have each arranged a float or decorated car to represent their school. All students in the district are welcome to walk with their school in the parade to show their Sanborn pride.

SPIRIT WEAR IS HIGHLY ENCOURAGED

Meet Up

7:30AM

Carriage Bible Church
4 New Boston Road, Kingston

Parade Start

8:00AM

Parade Finish

Approx. 8:30AM

Cheer On The Home Team!

Sanborn families are welcome to stay and cheer on Homecoming games throughout the day



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

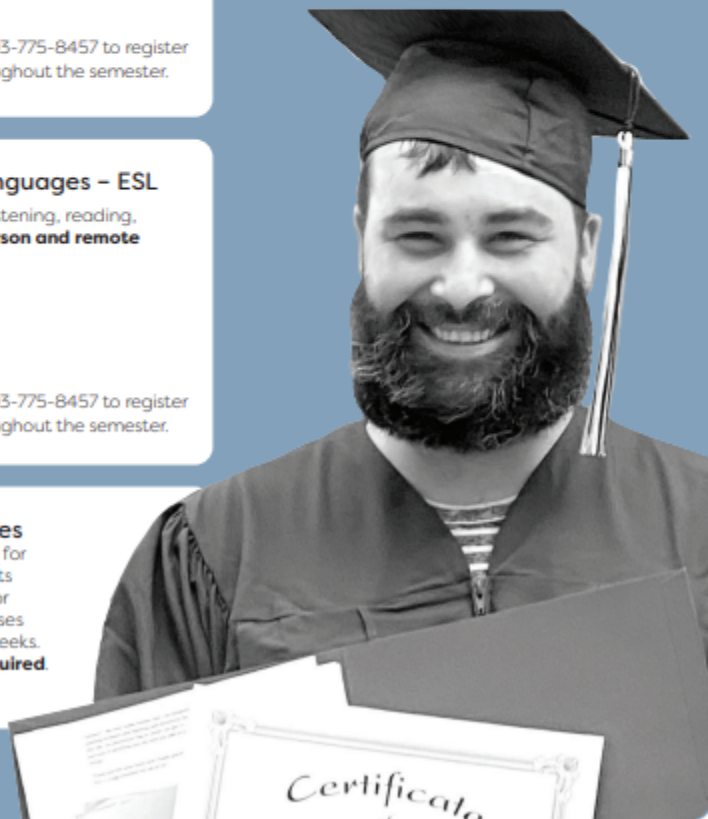
Evening high school credit courses available for adults needing to complete the requirements for a high school diploma or for a refresher or college preparation (including Biology). Classes begin 9/7/23 meet one night/week for 15 weeks.

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 - 3:15 pm or
10.3 | 6 - 8:15 pm **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 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**